



*Lilly*

for  
**Better Health™**

Learn more about the many ways Lilly goes beyond medicine to help individuals, families and communities get healthy and stay healthy through collaborative partnerships, community outreach and quality health education resources.

[lillyforbetterhealth.com](http://lillyforbetterhealth.com)

# Physical Activity and Exercise

Staying physically active is vital to your health and wellness. The key is doing moderate exercise on a regular basis. This is a big part of healthy living for people of all ages. In this section, you will find tips for staying physically active every day. Be sure to talk to your doctor before starting a fitness program.

## Do at least:<sup>1</sup>

- 30 minutes of moderate physical activity five days a week, or 25 minutes of vigorous physical activity three days a week
- Eight to 10 strength training exercises involving all major muscle groups, two or three days per week (do each exercise eight to 12 times)<sup>2</sup>

## Moderate physical activities include:

- Walking briskly
- Hiking
- Gardening or yard work
- Dancing
- Golf (walking and pulling your clubs)
- Bicycling
- Weight training (general light workout)



### **Vigorous physical activities include:**

- Running or jogging
- Bicycling fast
- Swimming (freestyle laps)
- Aerobics
- Walking very fast
- Heavy yard work such as chopping wood
- Weightlifting (vigorous effort)
- Basketball (competitive)



### **Children need more exercise**

Children and adolescents should do 60 minutes (one hour) of physical activity or more each day.<sup>3</sup> See the Children's Health section of this book to learn more.

### **Older Americans need strength training<sup>4</sup>**

Staying physically active is important for older adults, individuals 65 years of age or older. Exercise should be part of every older adult's weekly routine.

- Strength training (lifting weights, using resistance bands, etc.) may prevent the muscle loss that comes with aging. It may also help prevent loss of bone mass that leads to weak or thinning bones.
- Some older adults avoid exercise for fear of falling and breaking a bone. In many cases, staying physically active may help prevent falls. It may also improve strength, balance, coordination and mobility.<sup>5</sup>

- Walking and other aerobic exercises may be good for your heart. But you also need strength training to build up your legs, back and arms.
- Talk to your doctor or a certified personal trainer about a weight training workout. Together, you can find the one that is right for you.



## President's Council on Fitness, Sports & Nutrition

The President's Council on Fitness, Sports & Nutrition helps promote good health across the nation. It works closely with public and private groups to help people of all ages, backgrounds and abilities stay active and fit. This is done through sports, fitness programs and nutrition education.

To learn more, go to **[www.fitness.gov](http://www.fitness.gov)**. There, you will find links to other government programs and organizations that may help you and your family become more physically active. If you'd like, you can earn special rewards by taking part in the President's Challenge. To learn more, go to **[www.presidentschallenge.org](http://www.presidentschallenge.org)**.

## Find Out More



America on the Move Foundation  
[www.americaonthemove.org](http://www.americaonthemove.org)

National Association for Health  
& Fitness  
[www.physicalfitness.org](http://www.physicalfitness.org)

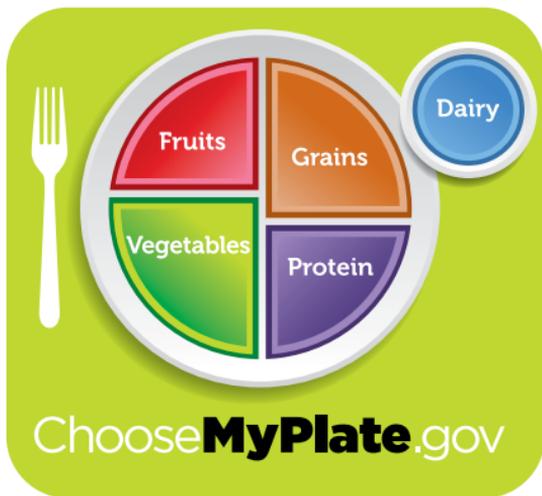
Partnership for Prevention  
[www.prevent.org](http://www.prevent.org)

President's Council on Fitness,  
Sports & Nutrition  
[www.fitness.gov](http://www.fitness.gov)

# Eating Well<sup>1</sup>

Did you know that avoiding oversized portions, eating more fruits and vegetables and drinking water instead of sugary drinks are just some of the ways to eat healthier?

The U.S. Department of Agriculture (USDA) has created a food guide to help people improve their eating habits by choosing the right foods in the right amounts. Learn more at [www.choosemyplate.gov](http://www.choosemyplate.gov).



## Fruits<sup>2</sup>

- Fill half your plate with fruits and vegetables.
- Choose fruits that are fresh, frozen, dried or canned (in water or 100% juice) so you always have a supply on hand.
- Eat a variety of fruits.

- Try eating whole or cut-up fruit rather than juice to get more nutrients.

### Vegetables<sup>3</sup>

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Vary your veggie choices to keep meals interesting.
- Buy canned vegetables labeled “reduced sodium,” “low sodium” or “no salt added.”



### Grains<sup>4</sup>

- Make half of your grains whole.
- Look for the words “brown” or “whole” before the grain name on the ingredients list (examples are brown rice and whole wheat).
- For a change, try whole-wheat pasta for macaroni and cheese or use oatmeal when making cookies.



### Protein<sup>5</sup>

- Choose fish or low-fat or lean meat and poultry.



- Bake, broil or grill meat. Avoid frying foods.
- Vary choices with more fish, beans, peas, nuts and seeds.

## Dairy<sup>6</sup>

- Switch to fat-free or low-fat (1%) milk and other calcium rich foods, like low-fat yogurt and skim milk and cheese.
- If you do not or cannot have dairy products, choose lactose-free products or other calcium sources, such as soy milk, lactose-free milk or calcium-fortified juice.



## Oils<sup>7</sup>

- Oils are fats that are liquid at room temperature.
- Aim for most oils to come from fish, nuts and vegetables, such as avocado or olives.
- Limit solid fats like butter, stick margarine, shortening and lard.
- Mayonnaise and certain salad dressings are mainly oil. Search for products with no trans fats.

## Empty calories<sup>8</sup>

- Many foods and beverages contain empty calories — calories from solid fats and/or added sugars. Examples are soda, energy drinks, pizza, ice cream, hot dogs and cakes.

- Lower your intake of foods and beverages containing empty calories.

## Fruits & Veggies — More Matters™<sup>9</sup>

Fruits and vegetables provide vitamins and minerals your body needs. They also provide fiber and other things that are vital for good health. Most fruits and vegetables are low in fat and calories. They are also filling. This makes them a good part of any meal.

Visit **[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)** to find out how many servings of fruits and vegetables you should be eating every day, based on your age, gender and physical activity level.

### Eat a colorful meal

There are many fruits and vegetables to choose from. To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon and white onions.



Fruits & Veggies — More Matters™ is a trademark of the Produce for Better Health Foundation.

## Serving size<sup>9</sup>

One serving of fruits and vegetables is smaller than most people think. It also varies by the type of fruit or vegetable you are having. In some cases, a serving may be one wedge of watermelon, a small box of raisins or one cup of 100% fruit juice.

Other examples of fruit and vegetable servings include:

- One medium fruit (examples are apple, orange, banana, pear)
- 1/2 cup cut-up fruit
- 1/2 cup raw or cooked vegetables
- 1/4 cup dried fruit (examples are raisins, apricots, mango)
- One cup raw, leafy vegetables (an example is spinach)
- 1/2 cup cooked or canned peas or beans

Try to have a serving of fruit or vegetables each time you eat.

### Find Out More



American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

Nutrition  
[www.nutrition.gov](http://www.nutrition.gov)

U.S. Food and Drug Administration  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.fda.gov](http://www.fda.gov)  
[www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



**A Healthy You!** is designed to give you a handy way to learn more about living a healthy life. We've put together a guide of health information you can trust and tools for getting help when you need answers. We believe everyone can find something of value for themselves and their families in these pages. We encourage you to use this book as a guide on the path to achieving a healthy you!

### Featured Sections

- Cancer screening
- Children's health
- Diabetes
- Exercise and nutrition
- Heart health
- Mental health
- Older adults — Alzheimer's, arthritis and osteoporosis
- Patient assistance programs
- Substance abuse and quitting tobacco
- Veterans health
- Women's health
- Men's health
- Resources for all 50 U.S. states



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