

July 2008 Tip of the Month

Just Start Walking



Being physically active can relieve stress, give you more energy, strengthen your bones and muscles and help you reach a healthy weight. It is important to choose activities that you enjoy and can do regularly. Walking is one of the easiest ways to increase your physical activity and improve your health. You don't need any special equipment and you can do it anytime and anywhere.

A pedometer, small device worn at the hip that counts each step you take by detecting the motion of your hips, can be a great way to increase your physical activity. If you are just starting to walk, keep track of your normal steps for a week. Then, try to increase your average daily steps by 500 steps every couple weeks until you reach the recommended goal of 10,000 steps per day.

Here are a few tips to get you started:

- Check with your healthcare provider before you start walking if you have any medical problems or have been inactive for over a year.
- Warm up your muscles and do light stretching exercises.
- Be sure to wear well-fitting walking or running shoes and loose clothing that will keep you dry and comfortable.
- Make sure you are well hydrated before you start and carry water with you.
- Start slowly and gradually increase the pace, distance and duration of your walk.
- Maintain a pace where you are breathing deeply but can still carry on a conversation.
- Join [“Terps on the Move”](#).

August 2008 Tip of the Month

Choosing Healthier Fast Food



Most fast food will provide more calories, fat, sodium and cholesterol than you may need. However, when you are making a meal of fast food, you can make choices that are better for your health. Here are some ways to choose healthier options:

- ◆ Check out the [online nutritional information](#) for standard menu offerings at UMD. You can also find nutrition information on the websites of various fast food restaurants.
- ◆ Choose water, diet soda, unsweetened tea, 100% fruit juice, or low-fat milk instead of regular soda or other sweetened beverages. A medium (20 ounce) serving of regular soda contains about 15 teaspoons of sugar, 250 calories and no nutrients.
- ◆ Try pasta dishes made with tomato-based sauces instead of those made with cream-based sauces. The tomato sauce (or marinara sauce) is lower in fat and can count as a vegetable!
- ◆ Select main dishes that contain vegetables. Vegetables are a good source of fiber, vitamins and minerals.
- ◆ For sandwiches, choose lean beef, ham, turkey or chicken on whole grain bread or a soft flour tortilla. And, don't forget the veggies.
- ◆ Remember, you can have it your way! Ask for salad dressings, gravies and sauces to be served "on the side". Order fresco style at Taco Bell and a low-fat savory salsa will be added instead of the cheese and sauce.

Instead of:

- ◆ Double, jumbo and super-size
- ◆ Breaded and fried foods
- ◆ Regular salad dressing
- ◆ Mayonnaise, sauce, cheese, sour cream
- ◆ French fries
- ◆ Meat toppings on pizza

Try:

- ◆ Small or regular size
- ◆ Grilled, baked or broiled foods
- ◆ Light or fat-free salad dressing
- ◆ More lettuce, onion, tomato, peppers and salsa
- ◆ Side salad or fruit
- ◆ Veggies toppings or lean ham, Canadian bacon, chicken or shrimp.

