

Get Physically Active

Physical activity is movement of the body that uses energy. Walking, gardening, and washing the car are all good examples of being active. For health benefits, physical activity should be *moderate* or *vigorous* intensity. Regular physical activity is important as it results in long term health benefits. Everyone can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Moderate Intensity requires a moderate amount of effort and noticeably increases heart rate.

Vigorous Intensity requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate.

Beneficial types of Physical Activity:

Aerobic activities make you breathe harder and increase your heart rate. Aerobic activities can be either moderate or vigorous in their intensity.

Muscle-strengthening activities make your muscles and bones stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body; your legs, hips, back, chest, stomach, shoulders, and arms.

Balance and stretching activities enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, yoga, and t'ai chi.

Physical Inactivity

Physical inactivity is the absence of any physical activity during leisure time. Physical inactivity can lead to chronic diseases and mortality.

The Wellness Committee

The Wellness Committee Mission Statement:

The Wellness Committee will provide appropriate health and wellness guidelines and recommendations to assist with positive and well informed lifestyle modifications for the NCC campus and associated individuals, while acting as role models.

The Wellness Committee Vision Statement:

The Norwalk Community College Wellness Committee is committed to improving the health and wellness of the campus community by fostering a conducive environment to maximize institutional and individual wellness goals.

Know Your Nutrients

The Wellness Committee
Norwalk Community College



Know your Nutrients

Carbohydrates: One of the three macronutrients to maintain health in the human body. It is found in plants and provides energy. It is the preferred source of fuel by the brain. It is important to eat at least 4 servings of whole grains per day, found in vegetables, fruits, grains, breads and cereals.

Fat: One of the three macronutrients needed by the human body, a concentrated source of energy for the body. It's essential to eat and can be beneficial to the health of your body when you eat in the form of oils, nuts, seeds and avocado. For most people staying below 65 grams a day can be a prudent guideline to reduce risk of chronic disease.

Protein: One of the three macronutrients needed by the human body. It is an essential part of all living cells. It is found in both plant and animal sources. Meat, chicken, fish, eggs, dairy products, soy, legumes and in smaller amounts grains, breads and cereal. Try to consume at least 6-8 ounces per day.

Fiber: The support structure of plants; for example the seeds, stems and leaves. The human body cannot digest it so it passes through picking up toxins, glucose and cholesterol along the way. Eating fibrous foods such as vegetables, fruits, legumes and whole grains can be beneficial to health promotion and disease prevention.

Minerals: Part of the macronutrient family, nutrients that are needed in small amounts but necessary to support normal health and body functions.

Vitamins: Also considered micronutrients, vitamins assist in regulating body processes.

Food Groups

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image; a place setting for a meal. The five food groups are *FRUITS*, *VEGETABLES*, *GRAINS*, *PROTEIN*, and *DAIRY*.

What Foods Are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

What Foods Are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

What Foods Are in the Grain Group?

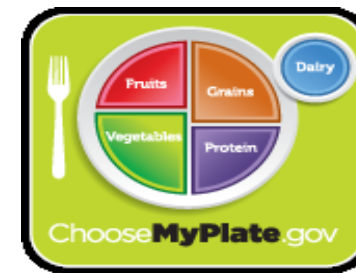
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, *whole grains* and *refined grains*. Whole grains contain the entire grain kernel, bran, germ, and endosperm.

What Foods Are in the Protein Group?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein food group.

What Foods Are in the Dairy Group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. Calcium-fortified soymilk (soy beverage) is also part of the dairy group.



How to build a healthy plate

1. Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.
2. Add lean protein. Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.
3. Include whole grains. Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.
4. Don't forget the dairy. Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

Tricks & Tips

- Avoid extra fat
- Take your time to savor your food
- Use a smaller plate
- Eat at home to take control of your food
- Try new foods
- Satisfy your sweet tooth in a healthy way