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

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The Wellness Committee
Norwalk Community College
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

Information Obtained from: http://www.choosemyplate.gov/