

Healthy Lifestyle Tips

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



**Keep on track
with these
easy tips!**



Breakfast

Benefits of eating breakfast:

- Helps you avoid overeating later in the day
- Have more energy and be more productive throughout the day
- Maintain a healthy weight
- Meet daily protein requirements and have higher nutrient intake

Choose foods from each of the following food groups. It will help you maximize your nutrient intake and leave you feeling satisfied.

- Breads/Cereals (100% whole wheat bread, whole grain cereal, oatmeal)
- Protein (peanut butter, eggs, beans, lean ham or turkey, low fat cheese or cottage cheese, milk or yogurt [non-fat or low fat])
- Fruits/Vegetables (bananas, apples, melon, peppers, onions, mushrooms)

Eat More Meals at Home

Benefits of Meals at home

- Meals are more nutritious
- You eat more fruits and vegetables
- Portion sizes are smaller
- It costs less money
- You consume fewer calories



Drinks



Drink More:

- Water – at least 8 cups (1 cup = 8 oz.) per day.
- Milk – 3 cups (1 cup = 8 oz.) of 1% or skim milk per day.

Drink Less:

- Soda or pop
- Sports or energy drinks (like Gatorade and Red Bull)
- Juice drinks and Kool-Aid (Soda, sports drinks, and even juice have extra sugar that your body does not need)

Limit Alcohol

- Alcoholic drinks have additional calories and little nutritional value
 - Women should have no more than 1 drink per day and none if pregnant or breastfeeding.
 - Men should have no more than 2 drinks per day.



Fruits and Vegetables

Eat a variety of fruits and vegetables each day and try to eat at least 5 servings. By eating a variety of fruits and vegetables you will benefit from the vitamins, minerals and fiber they contain. Fruits and vegetables provide antioxidants that help slow aging. They help prevent certain types of diseases such as cancer.

Fruit Serving Sizes:

- 1 piece of whole fruit (about the size of a tennis ball)
- ½ cup fresh, frozen, or canned fruit
- ¼ cup dried fruit

Vegetable Serving Sizes:

- 1 cup of raw leafy vegetables (lettuce)
- ½ cup non-leafy or cooked vegetables

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Physical Activity

People of all types, shapes, sizes and abilities can benefit from being physically active. To get the health benefits of physical activity, include activities that make you breathe harder and make your heart and blood vessels healthier. Aerobic activities include brisk walking, running, dancing, swimming, aerobics, playing sports. Also include strengthening activities to make your muscles stronger (pushups, sit-ups, weight lifting).

Benefits of Regular Activity:

- Reduce risk of disease
- Increase chance of living longer
- Be healthier
- Sleep better
- Be in shape
- Feel better
- Healthy weight
- Have fun
- Meet people



Daily physical activity can be broken up into shorter segments. How much physical activity is best?

Aerobic Activities

Do activities at a moderate level at least 2 hours and 30 minutes a week or vigorous activities at least 1 hour and 15 minutes a week.

Muscle Strengthening Activities

Do these at least 2 days a week including all major muscle groups.



Screen Time

Limit use of screen time when not at work or school. Make being physically active a priority by substituting an activity you enjoy doing for screen time.

What counts as screen time? Watching TV, playing video games, and computer time.

Sleep



It is important to get plenty of sleep. It is recommended adults get 7- 9 hours of sleep each day. You go through cycles when you sleep. The deep sleep where you dream is called REM sleep. Our mind works out problems through dreams. Deep sleep allows the mind to re-energize! Even if you miss one night of sleep you might notice difficulty in learning, memory, concentration, and problems solving.

Hormones and Sleep - Your body also releases hormones when you sleep. The hormones ghrelin and leptin which affect appetite are affected by sleep. When you don't get enough sleep your body produces ghrelin. Ghrelin is a hormone that increases our appetite. Lack of sleep on the other hand, reduces the production of leptin. Leptin is the body's appetite suppressant.

Notes:



Customer Service: **1-800-347-9363 MO; 1-877-347-9363 KS**
Nurse Advice Line: **1-800-347-9369 24 hours a day**

This information is educational in nature and can be used as guide. However, it is not intended to replace a doctor's medical direction. If you have questions or concerns, talk to your doctor or healthcare provider.

Children's Mercy Hospitals and Clinics, Departments of Health Management & Nutrition Services, Healthy Lifestyle Team

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