

## Health Messages, Health Tips for ACHIEVE Posters

- Did you know?  
90% of children who lived within a mile of their school walked or biked to school in the 1960's. Only 31% do today. *(source: Lake Metroparks Ride Your Bike to Work Day Flyer)*
- Did you know?  
30% of morning traffic is caused by parents dropping their kids off at school. *(source: same as above)*
- Bike Ride Check List
  - Helmet
  - Bike Tune-Up
  - Weather Check
  - Clothing
  - Route Map
  - Departure Time
  - ETA (Estimated Time of Arrival) *(source: same as above)*
- More than 60 percent of U.S. adults do not engage in the recommended amount of activity. *(source: CDC)*
- Approximately 25 percent of U.S. adults are not active at all. *(source: CDC)*
- How Does Physical Activity Impact Health?
  - Reduces the risk of dying prematurely.
  - Reduces the risk of developing diabetes, high blood pressure, and colon cancer.
  - Reduces feelings of depression and anxiety.
  - Helps control weight.
  - Helps build and maintain healthy bones, muscles, and joints.
  - Promotes psychological well-being. *(source: CDC)*
- In the United States...
  - 13.5 million people have coronary heart disease.
  - 1.5 million people suffer from a heart attack in a given year.
  - 8 million people have adult-onset (non-insulin dependent) diabetes.
  - 95,000 people are newly diagnosed with colon cancer each year.
  - 250,000 people suffer from a hip fracture each year.
  - 50 million people have high blood pressure.
  - Over 60 million people (a third of the population) are overweight. *(source: CDC)*
- The risk of getting a cardiovascular disease increases by 1.5 times in people who do not follow minimum physical activity guidelines. *(source: WHO)*
- Inactivity greatly contributes to medical costs – by an estimated \$75 billion in the United States in the year 2000 alone. *(source: WHO)*

- Opportunities for people to be physically active exist in four major domains of their day:
  - At work (whether or not the work involves manual labor)
  - For transportation (walking or cycling to work, to shop, etc.)
  - During domestic duties (housework, gardening, etc.)
  - In leisure time (sports and recreational activities) *(source: WHO)*
- To burn extra calories every day, take the stairs. Avoid elevators and escalators. The average person will burn 10 calories for every minute of stair climbing.
- During work, take “walking breaks” instead of coffee breaks.
- Fruits and vegetables are naturally low in calories and provide essential nutrients and dietary fiber. Those who eat more generous amounts, as part of a healthy diet, tend to have reduced risk of chronic diseases.
- To find out what your daily intake of fruits and vegetables should be, visit the Centers for Disease Control and Prevention website, [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov). *(source: CDC)*
- When shopping at the grocery store, shop the perimeter. In general, healthy eating ingredients are found around the outer edges of the store – fresh fruits and vegetables, fish and poultry, whole grain breads and dairy products. *(source: HelpGuide.org)*
- One 12 oz. can of soda has about 10 teaspoons of sugar in it! Drink water instead. *(source: HelpGuide.org)*
- Limit sodium to 2,300 mg per day, the equivalent to one teaspoon of salt. *(source: HelpGuide.org)*
- Great sources of calcium include:
  - Dairy products, which come already fortified with vitamin D.
  - Dark green, leafy vegetables, such as kale and collard greens.
  - Dried beans and legumes.

Recommended calcium levels are 1000 mg per day, 1200 mg per day if you are over the age of 50. *(source: HelpGuide.org)*

- For easy tips to plan a healthy diet and stick to it, visit [http://helpguide.org/life/healthy\\_eating\\_diet.htm](http://helpguide.org/life/healthy_eating_diet.htm).
- The recommended amount of physical activity for **adults** is 30 minutes on five or more days per week. It’s important to note that 45 minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast, colon, and other cancers. *(source: Good for You!)*
- **Children and adolescents** should engage in at least 60 minutes per day of moderate-to-vigorous physical activity for at least five days per week. *(source: Good for You!)*
- Well over half of all cancers are related to lifestyle issues – such as, lack of exercise and an unhealthy diet. *(source: Good for you!)*