

# EAT WELL AND BE ACTIVE

WE WANT TO HELP YOU LIVE HEALTHY



ALAMEDA  
**Alliance**  
FOR HEALTH

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to support you in being healthy and active. As your health partner, we created this care book. We hope it helps you start and maintain healthy habits for life.

Best of Health,  
Alliance Health Programs

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## IN THIS CARE BOOK...

You will learn about what it means to eat well and be active, why you should care, and how you can get started. You can see what changes you might want to make in your life and set goals to make them happen.

Make healthy habits part of your lifestyle so you can feel better and stronger every day. Follow the tips in this care book to a healthier you!

**Please talk to your doctor or nurse if you have any questions or concerns.**

Read about Susan and how she worked on healthy changes:

*Susan tried to make healthy changes by going for a run here and there and making smoothies a couple times, but nothing seemed to stick. What finally helped her was taking things one step at a time and setting goals. First, she made it her goal to add a vegetable or fruit to her lunch. The next week, she started walking after dinner with her kids for at least 15 minutes per day. After that, she decided to drink only water and milk on weekdays, and have soda or juice once in a while on weekends. Before long, Susan noticed that she could fit into some of her older clothes again and even had more energy throughout the day.*



## EAT WELL

Eating well nourishes your body and gives you energy.

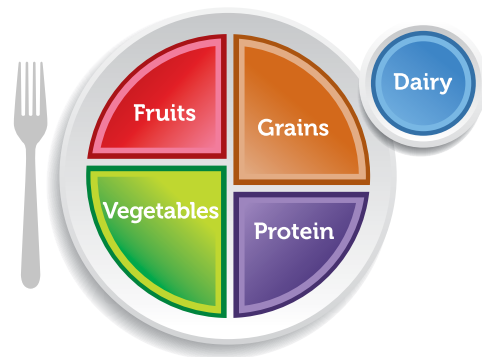
To eat well means to:

- Build balanced meals
- Choose healthy options
- Eat the right amount of calories for you

Eating well can also prevent and manage health problems like diabetes and heart disease. The foods you like and your culture and traditions shape what healthy eating looks like for you.

### BUILD BALANCED MEALS

Choose fruits, vegetables, grains, dairy, and protein foods. MyPlate shows how you can balance these food groups to build healthy meals. The amounts listed below show one cup or ounce of a food group. Find out your food group targets at [www.choosemyplate.gov/myplateplan](http://www.choosemyplate.gov/myplateplan).



✓ Make half your plate **fruits and vegetables**.



**1 serving of fruit is:**

- 1 small fresh fruit
- 1 cup frozen or canned fruit (no sugar added)
- 1/2 cup dried fruit



### 1 serving of vegetables is:

- 1 cup cooked or raw vegetables
- 2 cups raw, leafy greens
- 1 cup 100% vegetable juice

✓ Make half your grains **whole grains**.

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### 1 serving of grains is:

- 1 slice whole wheat bread or six inch tortilla
- 1/2 cup cooked cereal, whole wheat pasta, barley, bulgur, brown rice, or quinoa
- 1 cup dry, whole wheat cereal
- 1/2 English muffin or pita bread
- 1 mini two-inch bagel or 1/4 of a large bagel
- 5 whole wheat crackers
- 1 six inch chapati or roti

✓ Vary your **lean proteins**.

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### 1 serving of protein is:

- 1/4 cup cooked beans, lentils, tofu, or split peas
- 1 tablespoon peanut butter
- 1/2 ounce nuts or seeds
- 1 ounce cooked lean meat, poultry (no skin), or fish
- 1 egg or 1 1/2 egg whites (or 3 tablespoons liquid egg white product)

- ✓ Get calcium from **dairy** and other non-dairy foods such as greens, canned fish, beans and tofu.



### 1 serving of dairy is:

- 1 cup 1% or nonfat milk
- 1 cup calcium-enriched soy milk
- 8 ounce low-fat or nonfat yogurt
- 1 1/2 ounce low-fat or nonfat cheese

## CHOOSE HEALTHY OPTIONS

Drink and eat less sodium, saturated fat, and added sugars.

- Read food labels and choose items with low numbers.
- Grill, broil, bake, or steam food instead of frying it.
- Use healthy oils for cooking like olive, vegetable, or canola. Limit butter, coconut oil, lard, and palm oil.
- Add spices or herbs to season food without adding salt.
- Choose water, tea without sugar, or 1% or nonfat milk over sweetened drinks.



## EAT THE RIGHT AMOUNT OF CALORIES FOR YOU

You need energy to fuel your body. Energy you get from food and drinks is measured in calories. Taking in more calories than your body uses can cause weight gain.

- Plan meals and snacks ahead of time.
- Eat slowly so you know when you have had enough to eat.
- Focus on your food instead of eating while doing other things or watching TV.
- Enjoy your food, but eat smaller portions on smaller plates or bowls.
- When you eat out, choose lower calorie menu options.
- Find your daily calorie needs at [www.choosemyplate.gov/myplateplan](http://www.choosemyplate.gov/myplateplan).

## RESOURCES

Learn more about healthy eating and get recipes at:

- [cachampionsforchange.cdph.ca.gov](http://cachampionsforchange.cdph.ca.gov)
- [eatfresh.org](http://eatfresh.org)
- [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov)



## BE ACTIVE

Exercise makes you stronger and burns calories. Being active improves the health of both your mind and body.

### Exercise helps to:

- Improve balance, muscle tone, and joint movement.
- Improve how well your heart and lungs work.
- Maintain a healthy weight or lose weight.
- Reduce the risk of heart disease, high blood pressure, osteoporosis (bone weakness), and diabetes.
- Relieve stress and improve your mood.

The goal is to exercise most days each week. Aim for a total of 30 to 60 minutes per day. It's best to spread the time throughout the week. You don't have to be active for 30 minutes all at once each day. Ten minutes at a time is fine.

To prevent injury, slowly increase the number of days and the amount of time you spend exercising.



## GETTING STARTED:

- Choose an exercise you like to do.
- Try to vary the type of exercise you do, to increase the health benefits and prevent boredom and injury.
- Wear comfortable shoes and clothing.

Talk to your doctor about what type and how much exercise to do if you:

- Have not been active
- Have any health problems
- Are pregnant

## TYPES OF EXERCISE:

**Aerobic exercise** makes your heart beat faster and you breathe harder than normal. You can walk, jog, bike, swim, play tennis, or dance.

Aim for:

- 150 minutes per week of *moderate activity* such as brisk walking, where you can still talk;
- 75 minutes per week of *vigorous activity* such as jogging, where you won't be able to talk much without getting out of breath;
- Or a mix of both.





**Strength training exercise** strengthens muscles and builds strong bones. It includes using weights, exercise bands, or doing push-ups and sit-ups. Talk to your doctor before starting strength training if you have high blood pressure or other health problems. Do strength activity that involves all major muscle groups such as your legs, arms, and abs on two (2) or more days a week.



**Flexibility exercise**, also called stretching, increases the length of muscles to improve balance and joint health. Examples include yoga, tai chi, and stretching before and after exercise.



**Balance activities** are important for older adults. Try standing on one foot, then the other. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.

## TIPS TO HELP YOU GET MORE ACTIVE:

- **Avoid inactivity.** Any amount of movement is better than none. Choose anything that gets you moving.
- **Begin and end an exercise session with five (5) minutes of gentle exercise or stretching.** For example, walk five (5) minutes before and after jogging. This will help prevent injury.
- **Drink plenty of water** before, during, and after exercise.
- **Exercise at a comfortable pace.** Listen to your body.

You are exercising too hard if you:

- Have pain in your joints, feet, ankles, or legs
  - Have problems breathing
  - Feel weak, faint, or dizzy during or after exercising
- **Find an exercise buddy** or someone who likes the same activity.
  - **Make a plan.** Set goals and choose what you would like to do. You can make a plan online at [health.gov/moveyourway/activity-planner](https://health.gov/moveyourway/activity-planner).



## WAYS TO GET MOVING

### Get moving at home

- Do chores
- Do yard work or garden
- Follow an exercise video online
- Go up and down stairs



### Get moving outside

- Go for a walk, jog, or run
- Play soccer or basketball
- Ride a bike
- Visit a park

### Mix up your routine

- Dance
- Do jumping jacks and sit-ups
- Do yoga or tai chi
- Try chair workouts
- Use weights



For more ideas please visit  
[health.gov/moveyourway](https://health.gov/moveyourway)

## STARTING A WALKING PROGRAM

Have you been thinking of adding more physical activity to your life? Starting a walking program may be a great way to be more active. Here's how to get started.



### Make a plan

These questions may help you get started:

- Where will you walk?
- How often will you walk?
- Who will walk with you?
- How far or for how long will you walk?

Make walking fun by going to places you enjoy, like a park or shopping center. Bring along a friend or a family member to chat with, or listen to music as you walk. Keep the volume low so you can hear noises around you.

**Keep safety in mind** as you plan when and where you will walk.

- Walk with others when you can, and take a phone and ID with you.
- Let your family and friends know your walking time and routine.
- If it is dark outside, wear a reflective vest or brightly colored clothing.
- Carry a flashlight.
- Be aware of your surroundings.





## Get ready

Make sure you have anything you may need.

Here are some examples:

- Water bottle
- Shoes with proper arch support, a firm heel, and thick flexible soles
- Clothes that keep you dry and comfortable
- A hat or visor for the sun, sunscreen, and sunglasses
- A hat and scarf to cover your head and ears when it's cold outside





Divide your walk into three parts:

1. Warm up by walking slowly for about five (5) minutes.
2. Increase your speed to a brisk walk. This means walking fast enough to raise your heart rate while still being able to speak and breathe easily.
3. Cool down by slowing down your pace for about five (5) minutes.



As walking becomes easier, walk faster and go farther. The more you walk, the more health benefits you may gain!

Try adding five (5) minutes to the brisk walk portion every two (2) weeks or so until you reach your goal. If you are walking fewer than three (3) times per week, give yourself more than two (2) weeks before adding more.

**When barriers come up**, like time demands or bad weather, think of ways to beat them, like walking inside of a shopping center.

If you have a setback, start again as soon as you can. With time, walking will become a part of your daily routine and may make it easier to try other types of physical activity.



## KEEP A HEALTHY WEIGHT

Being at a healthy weight can help you feel better and reduce your risk for health problems. You will have more energy for the things you love in life.

Getting to and keeping a healthy weight takes lifestyle change—healthy eating in balance with regular physical activity. Diets that promise fast results may not be healthy and may fail to help you maintain a healthy weight in the long run.

**Have you made a goal to lose weight?** We believe you can! Work with your doctor to find out the best weight for you and make a weight loss goal. Safe weight loss is between 1/2 pound to two (2) pounds per week. It is most often best to lose weight little by little.



## REACH YOUR GOALS

Do you want to make new habits to live healthy? You can start by setting goals.

### GETTING STARTED WITH GOALS

Set goals for small changes around healthy eating and being active that you can live with for the long run. Make one or two changes at a time and start with something simple.

Write down **the action** you are going to take and **how often** you will do it.

#### Examples

*“I will have low-fat milk with my cereal every day this week.”*

*“I will take the stairs up to my office at least once each day that I am at work.”*

*“I will limit fast food meals to twice a week.”*





## REACHING YOUR GOALS

- Be patient with yourself.
- Ask for support from your family and friends.
- It may help to keep a food log and exercise log so you can see where changes can be made and to track your progress.
- You may need to rewrite your goals. Set new goals as you feel ready.
- Reward yourself for reaching your goals! Give yourself non-food rewards like spending time doing something you enjoy.

## FOOD LOG

Writing what you eat with a food log can be a great first step in getting started with setting goals. You will be able to see what habits you now have. Then, you can make a goal to start a healthy eating habit. When you complete a food log again, you can see the change!

On the next page is an example of a food log that you can **download and print** from the Live Healthy Library under “Healthy Eating, Exercise and Weight” at [www.alamedaalliance.org/live-healthy-library](http://www.alamedaalliance.org/live-healthy-library). You can also use your own journal or planner to create one.



Please write down what you **eat and drink** each day. Include the portion size.

**NAME:** \_\_\_\_\_

**WEEK OF:** \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>				
<b>SNACK</b>				
<b>LUNCH</b>				
<b>SNACK</b>				
<b>DINNER</b>				
<b>SNACK</b>				

## EXERCISE LOG

You can keep track of your exercise as you slowly increase the amount and effort level over time. As you get more active, you can set higher goals!

The first chart is for aerobic activities that make your heart beat faster and your breathing harder. With *moderate effort*, you can still talk. With *vigorous effort*, you can't talk much without getting out of breath. The goal is to do at least two (2) hours and 30 minutes per week of moderate, one (1) hour and 15 minutes per week of vigorous, or a mix of both.

This is an example of an exercise log that you can **download and print** from the Live Healthy Library under “Healthy Eating, Exercise and Weight” at [www.alamedaalliance.org/live-healthy-library](http://www.alamedaalliance.org/live-healthy-library). You can also use your own journal or planner to create one or make a plan online at [health.gov/moveyourway/activity-planner](http://health.gov/moveyourway/activity-planner).



## EXAMPLE EXERCISE LOG

### AEROBIC

My goal is to do aerobic activities for a total of 2 hours and 30 minutes this week.

When I did it and for how long									
What I did	Effort	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Hours or Mins
Walked	Moderate		30 min	30 min		30 min		30 min	2 hrs
Biked Fast	Vigorous						30 min		30 min
This is the total number of hours or minutes I did these activities this week:									2 hrs & 30 mins

### STRENGTHENING

My goal is to do strengthening activities for a total of 2 days this week.

When I did it								
What I did	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Days
Sit-ups	Yes							1 day
Stretch Bands				Yes				1 day
This is the total number of days I did these activities this week:								2 days

## AEROBIC

My goal is to do aerobic activities for a total of \_\_\_\_\_ hours  
and \_\_\_\_\_ minutes this week.

When I did it and for how long									
What I did	Effort	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Hours or Mins
<p><b>This is the total number of hours or minutes I did these activities this week:</b></p>									

**STRENGTHENING**

My goal is to do strengthening activities for a total of \_\_\_\_\_ days this week.

When I did it								
What I did	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Days
This is the total number of days I did these activities this week:								

## HEALTHY LIVING RESOURCES

### FOOD

#### **Alameda County Community Food Bank**

Find groceries, meals, and help applying for CalFresh (food benefits program).

Toll-Free: **1.800.870.3663** (interpreter offered)

**www.FoodNow.net**

#### **Alameda County Senior Information**

Connect with senior services for farmers' markets, groceries, group dining sites, and delivered meals.

**agefriendly.acgov.org/get-help**

Toll-Free: **1.800.510.2020** (interpreter offered)

#### **Farmers' Markets**

Visit your local farmers' market. Some accept CalFresh and WIC or will even match your CalFresh benefits so you get extra to spend on fresh produce.

Find a market at **www.fmfinder.org**

#### **WIC (Women, Infants & Children)**

Get help with groceries for pregnant women, new mothers, and babies and children up to age 5.

Toll-Free: **1.800.852.5770** (interpreter offered)

**www.myfamily.wic.ca.gov**



## EXERCISE

### East Bay Regional Parks

Take a hike or join outdoor activities at East Bay regional parks.

[www.ebparks.org](http://www.ebparks.org)

### Libraries

Find fitness and yoga classes taking place at your local library.

[www.aclibrary.org](http://www.aclibrary.org)

[www.oaklandlibrary.org](http://www.oaklandlibrary.org)

### Senior Centers

Many senior centers offer fitness classes.

To find your local senior center, please call Alameda County Senior Information.

Toll-Free: **1.800.510.2020** (interpreter offered)



**EAT WELL  
BE ACTIVE**

*journal*

*Please use this section to take notes about  
your progress and any questions that  
you want to ask your doctor.*



*“The time is always right to do what is right.”*

– Martin Luther King, Jr.









“ Alone we can do so little; together we can do so much. ”

– Helen Keller























**Do you need more support?** Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577** • Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

**[www.alamedaalliance.org](http://www.alamedaalliance.org)**