

## Physical Activity Is Important!

Being physically active is a key element in living a longer, healthier, happier life. It can help relieve stress and provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower your risk for chronic disease. The benefits of physical activity may include:

- ▲ building and maintaining bones, muscles and joints
- ▲ building endurance and muscle strength
- ▲ enhancing flexibility and posture
- ▲ managing weight
- ▲ lowering risk of heart disease, colon cancer and type 2 diabetes
- ▲ controlling blood pressure
- ▲ reducing feelings of depression and anxiety



As people age their metabolism slows, so maintaining an energy balance requires moving more and eating less.

Some types of physical activity that are especially beneficial include:

- ▲ Aerobic activities - speeds heart rate and breathing and improves heart and lung fitness. Examples are brisk walking and swimming.
- ▲ Resistance, strength-building and weight-bearing activities - help build and maintain bones and muscles by working them against gravity. Examples are lifting weights and walking.



The USDA has released the new MyPyramid food guidance system for adults at [www.mypyramid.gov](http://www.mypyramid.gov). Along with the new MyPyramid symbol, the system also provides many options to help individuals and families make healthy food choices and to be active every day.



**UW Extension** Cooperative Extension • Family Living Programs

**Wisconsin Nutrition Education Program**  
Oneida & Langlade Counties

Oneida County Office: 715-365-2750  
Langlade County Office: 715-627-6236 2006

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA. WNEP education is supported by the USDA FoodShare Program, UW-Extension, and local partners. FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local Human Services Department.

## The MyPyramid Symbol

Every part of the new symbol has a message. The person climbing the stairs reminds you to do something active every day, like walking the dog, swimming, hiking and climbing stairs.



The stripes represent the five different food groups plus oils. Some of the stripes are wider than others. The different sizes remind you to choose more foods from the food groups with the widest stripes.

Every food group has foods that you should eat more often than others; these foods are represented at the wider part (bottom) of the pyramid stripe because they represent foods with little or no solid fats or added sugars. For example, whole-grain bread would be located at the bottom wider part of the grain stripe while donuts and cookies which contain more added sugars and solid fats would be located at the top.

### Make Wise Food Choices

#### ▲ Grains – Make half your grains whole

- Choose whole-grain foods such as whole-wheat bread, oatmeal, brown rice and low-fat popcorn.
- Search the ingredients list to make sure the first word is “whole” such as “whole wheat”.
- Just because bread is brown doesn’t mean it’s a whole-grain.
- Choose whole-grain breakfast cereals.



#### ▲ Vegetables – Vary your vegetables

- Go dark green with broccoli, spinach and dark green, leafy lettuce.
- Try orange ones like carrots, sweet potatoes, squash and pumpkin.
- Include dry beans and peas.
- Remember the starchy vegetables such as corn and potatoes.
- Introduce variety with asparagus, celery, peppers, tomatoes, onions, etc.



#### ▲ Fruits – Nature’s treats – sweet and delicious

- Go easy on fruit juice and make sure it is 100% juice.
- Use fresh, frozen, canned and dried fruits.
- When buying canned fruit, choose packed in natural juice over packed in syrup.



#### ▲ Milk – Get your calcium-rich foods

- Most milk choices should be fat free or low-fat.
- Yogurt and cheese make healthy snack foods and provide calcium.
- Foods made from milk that have little calcium, such as cream cheese, cream and butter, are not part of this group.



#### ▲ Meat & Beans – Go lean with protein

- Choose lean or low-fat meat, chicken, turkey and fish.
- Prepare items baked, broiled or grilled - not fried.
- Nuts, seeds and beans are good sources of protein.

