

Remember, if you have a chronic health condition, talk to your doctor before you change your eating and activity habits.

If you have a disability and want more ideas to help you eat smart and move more, the National Center on Physical Activity and Disability has information on nutrition, fitness choices and fitness classes in Rhode Island. To learn more, call the Center at 1-800-900-8086 (voice and TTY) or visit www.ncpad.org.

To learn more about eating smart and moving more, call the Rhode Island Department of Health Information Line at 1-800-942-7434 or RI Relay 711 or visit www.health.ri.gov/healthyweight.



eat smart
move more

Resources for People with Heart Disease,
Diabetes, Cancer, Asthma and Arthritis



www.health.ri.gov/healthyweight

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Tips for Eating Smart and Moving More

Small changes in the way you eat and how active you are can make a big difference to body weight and health!

GET MOVING. 30 minutes (or more!) of movement for adults or 60 minutes for kids on most days can help keep you in shape and feeling good. Can't find 30 minutes at once? Break it up throughout the day!

- » Take your dog for a walk
- » Walk to do an errand
- » Take your kids to the park or the bike path
- » Take the bus and exit 1 or 2 stops early
- » Walk with a friend at lunch
- » Use the stairs instead of the elevator

LOAD UP ON FRUITS & VEGGIES. They are low in calories, full of important vitamins, delicious and filling, and can lower your risk for chronic disease.

- » Enjoy fresh fruit instead of cookies or chips
- » Add veggies to your eggs, soups and sandwiches
- » Freeze blended fresh fruit to make sorbet
- » Order veggies as a side when eating out
- » Keep a fruit bowl instead of a candy bowl
- » Make fruits and veggies half your plate

RE-THINK YOUR DRINK. Sugary drinks (soda, sweetened teas, sports drinks, and vitamin-enhanced waters, etc.) have lots of calories. Choose water or unsweetened drinks to cut extra calories.

- » Lower the amount of sugary drinks each day
- » Try fresh lemon juice in water
- » Choose herbal teas—they have nice flavor and no calories
- » Choose calorie-free drinks
- » Choose 1% or non-fat milk
- » Put just a splash of 100% juice (an ounce or two) in your water for added taste

TAME THE TUBE. Most Americans spend 3 hours or more every day watching TV. Not only is that time when you are not moving, it's also time when you may be more likely to snack on high-calorie foods. Use some of that TV time for a little physical activity. Try to limit your TV time to 2 hours or less each day.

- » Trade TV time for activity time—walk, run, bike, or play
- » Walk or bike with your family after dinner
- » Walk the kids to the bus stop or school instead of driving
- » Use a walking video so you can get active even in bad weather
- » Help a good cause by joining a weekend charity walk

RIGHT SIZE YOUR PORTIONS. Eating large portions adds extra calories. Eat smaller portions of foods and drinks and eat at a slower pace to satisfy your hunger. Larger portions = extra calories = extra pounds.

- » Leave a few bites on your plate
- » Don't have second helpings
- » Share a meal with a friend and order a salad as an appetizer
- » Take half your dinner home when you go out to eat
- » Bring a (frozen) calorie-controlled meal to work
- » Use a salad plate instead of a dinner plate to limit portions



eat smart

Here are some places where you can go to help you eat smart.

FARMERS' MARKETS

Fresh fruits and vegetables from Rhode Island farms can be found in many cities and towns. Farmers' Markets often take EBT, Senior Farmers' Market Coupons and Women, Infants and Children Program (WIC) checks.

NUTRITION ASSISTANCE PROGRAMS

If you have limited income or are having financial problems, you may be able to receive healthy foods through programs like SNAP (Food Stamps), Senior Farmers' Market Coupons, Meals on Wheels, food pantries or WIC.



LOCAL COMMUNITY CENTERS, RECREATION CENTERS AND YMCAS

Nutrition education classes may be offered at your local community center. Some centers have nutritionists you can talk to.

SENIOR CENTERS

Senior centers offer classes or information on cooking, shopping on a budget, nutrition for chronic health conditions and reading food labels. Some centers also offer low-cost meals.

LOCAL HOSPITALS

Many hospitals offer nutrition education for people who are learning to live with a chronic condition. Insurance may cover the cost of nutrition classes.

LOCAL CHURCHES

Some churches offer free or low-cost classes on nutrition.

move more

Here are some ideas to help you move more.

WALKING, HIKING AND BIKING TRAILS

Many cities and towns have trails that you can use for a walk, hike or bike ride. Some even have walking clubs.

HIGH SCHOOLS

Your local high school may allow you to use their track for walking.

PARKS AND RECREATION DEPARTMENTS

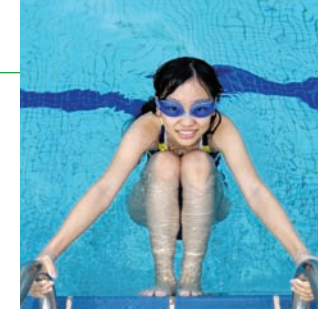
Your local parks and recreation department may offer indoor or outdoor fitness programs or swimming pools in your city or town. Programs can include yoga, Pilates, sports clubs, tennis lessons or walking clubs. Contact your city or town hall to learn more about your local parks and recreation department.

LOCAL MALLS

Many shopping malls open their doors to "mall walkers" before the stores open, so walkers can avoid the shopping crowds. Mall walking is great, especially in bad weather. Some malls even have walking clubs.

LOCAL COMMUNITY CENTERS, RECREATION CENTERS AND YMCAS

Many centers run fitness classes or have fitness equipment for use at low cost. Some also provide financial help.



GYMS, HEALTH CLUBS AND FITNESS CENTERS

Gyms offer a variety of fitness classes. Gym staff can work with you one-on-one. Health insurers may have discounts available for membership.

SENIOR CENTERS

Senior centers offer a variety of fitness programs, including aerobic classes for seniors, group fitness classes, and programs to build strength, endurance and flexibility.

LOCAL HOSPITALS

Hospitals offer weight management and supervised fitness programs for people who are new to exercise or are still learning to live with a chronic condition. Insurance may cover the cost of exercise classes.

LOCAL CHURCHES

Some churches offer free or low-cost fitness classes.

