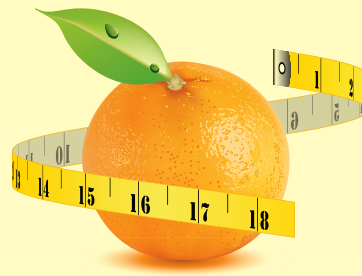OUR GOAL IS TO HELP OUR NEIGHBORS UNDERSTAND AND EMBRACE THE VALUE OF A HEALTHIER LIFESTYLE THROUGH EDUCATIONAL PROGRAMS AND COMMUNITY RESOURCES.

EAT WISE
DROP A SIZE!

Want more tips for a healthier lifestyle?

Visit
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EAT WISE

EMBRACING A
Healthier Lifestyle

It's an epidemic that touches every region of our country, and it's one of the most pressing and significant public health concerns of our time.

According to the Centers for Disease Control and Prevention, obesity afflicts more than one-third of American adults and nearly 13 million of our children.

Here in Polk County, the statistics are even more dire. According to the Florida Department of Health's Healthiest Weight Profile for Polk County:

- 65% of adults in Florida are at an unhealthy weight
- One out of every three children is considered overweight or obese

These sobering statistics have severe long-term implications. Research shows that being overweight can increase your risk of diabetes, heart disease, high blood pressure, stroke, certain types of cancer, and additional chronic health concerns.

You can combat obesity by taking one small step at a time. Keep in the know about proper nutrition, set goals for yourself, and start moving more every day.

BE WISE AND EXERCISE

It's time to get active! The benefits of exercise are endless. It helps you manage your weight by burning calories, but it also achieves the following:

- *Lowers your risk for heart disease, diabetes and other chronic conditions*
- *Strengthens your lungs and muscles*
- *Improves your sleep*

How much exercise is enough?

Truth be told, adding any level of physical activity into your routine will prove rewarding. The ultimate goal for most adults, however, should be 150 minutes of moderately intense physical activity spread out over the week, according to the Centers for Disease Control and Prevention.

Make sure to talk with your doctor if you have questions about how much activity is right for you.

Nutrition

A healthy eating plan for weight loss combines fewer calories with more nutrition, according to the National Institutes of Health (NIH). You can achieve both with a diet that:

- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free dairy products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Limits saturated fats, trans fat, salt and added sugars
- Controls portion sizes

If you're aiming for weight loss, you should work towards losing no more than 2 pounds per week. It's both a healthy and realistic goal. For many people, that requires eating 500 to 1,000 fewer calories daily.

One trick that works for many people: Keep a record of everything you eat. It may help you spot problem areas in your diet. Consult your primary care physician for additional weight loss and nutrition tools.