

# Wellness Happens

Provided by  
Health Promotions

Quarter 1

## Go For the Grain!

MyPyramid recommends making at least half of your grains whole. To determine if the food is whole-grain, look on the ingredient label for whole-grain or whole-wheat.

The amount of grains you need depends on your age, gender, and physical activity level. Most people should eat approximately 6-8 servings of grains. At least three servings should be whole-grain. This is based on individuals who exercise moderately for less than 30 minutes a day.

### What counts as a serving?

1 slice of bread, 1 cup ready-to-eat cereal, 1/2 cup cooked rice, or 1/2 cup cooked pasta

The best option is to choose whole grains. Whole grains contain the entire grain kernel, including bran and germ. Examples include:

- Whole-wheat flour
- Cracked wheat
- Oatmeal
- Whole cornmeal
- Brown rice
- Whole-wheat pasta

### Eating Whole Grains Can Reduce:

- Heart disease
- Blood cholesterol and blood pressure levels
- Risk of cancer, stroke, and obesity
- Constipation

Whole grains can even aid in weight management!!



### Beneficial Nutrients:

- Dietary fiber
- B Vitamins
- Minerals

### Healthy Options:

- Try brown rice or whole-wheat pasta
- Substitute white flour with whole-wheat or oat flour
- Eat whole grain breads
- Popcorn

## Get Up and Go

Physical inactivity is a major risk factor for cardiovascular disease and stroke. It is important to participate in physical activities for a healthy heart. Daily physical activity can help keep weight under control, boost energy levels, manage your stress, and release tension.

The American Heart Association states that all healthy adults ages 18-65 should be getting at least 30 minutes of moderate physical activity most days of the week.

Physical activity will also help build healthy bones, muscles and joints. Some activities will improve

flexibility, while others build muscular strength and endurance.

For health benefits, physical activity should be moderate or vigorous and add up to 30 minutes a day.

### What can you do?

- Dance
- Play tennis
- Swim
- Try a yoga class
- Lift Weights
- Take a Walk
- Aerobic Dancing
- Canoe
- Rollerblade



### Remember:

Balance what you chose to eat with how you move.

When choosing an activity to do, chose one that is fun and enjoyable, not exhausting. Add variety to your activities to prevent boredom and work different muscle groups. Try to be active everyday and invite a friend to join you. Music is also a great way to keep you entertained and motivated.

### Don't Forget—

30 minutes a day doesn't have to be achieved all at once. It can be broken down into 10 minute increments!