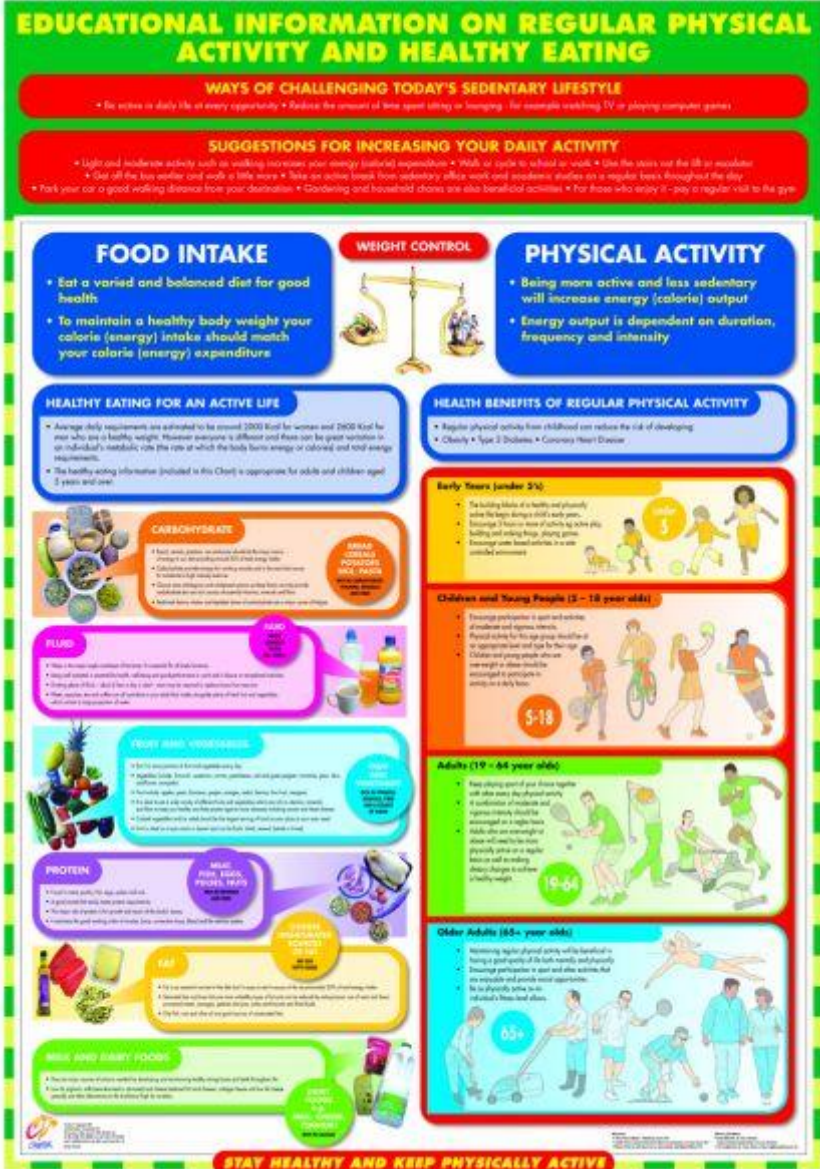


Regular Physical Activity and Healthy Eating Chart– CT006

<p>Description</p>	<p>◆ This superbly laid out, full colour, laminated chart provides sound, accurate advice about what you should eat and what exercise you should do in order to follow a healthy balanced lifestyle. The food section of the chart shows the types of food which will help you enjoy a healthy active life. It is important to eat a varied and balanced diet for good health. To maintain a healthy body weight your calorie (energy) intake should match your calorie (energy) expenditure. Regular daily exercise of a Moderate to vigorous intensity level is recommended for most people and the chart provides information on the health benefits of regular physical activity throughout life. Suitable for use at Schools, Colleges of Further Education, Gyms, Doctors' Surgeries and Community Health Centres helping to improve the health of the nation.</p>
<p>Details</p>	<p>1. Dimension: B2 Size</p>
<p>Image</p>	 <p>The chart is titled "EDUCATIONAL INFORMATION ON REGULAR PHYSICAL ACTIVITY AND HEALTHY EATING". It is divided into several sections:</p> <ul style="list-style-type: none"> WAYS OF CHALLENGING TODAY'S SEDENTARY LIFESTYLE: <ul style="list-style-type: none"> Be active in daily life at every opportunity Reduce the amount of time spent sitting or lounging, for example watching TV or playing computer games SUGGESTIONS FOR INCREASING YOUR DAILY ACTIVITY: <ul style="list-style-type: none"> Light and moderate activity such as walking increases your energy (caloric) expenditure Walk or cycle to school or work Use the stairs not the lift or escalator Get off the bus earlier and walk a little more Take an active break from sedentary office work and academic studies as a regular break throughout the day Park your car a good walking distance from your destination Housework and household chores are also beneficial activities For those who enjoy it - go to the gym FOOD INTAKE: <ul style="list-style-type: none"> Eat a varied and balanced diet for good health To maintain a healthy body weight your calorie (energy) intake should match your calorie (energy) expenditure WEIGHT CONTROL: <ul style="list-style-type: none"> Balance energy intake with energy expenditure PHYSICAL ACTIVITY: <ul style="list-style-type: none"> Being more active and less sedentary will increase energy (calorie) output Energy output is dependent on duration, frequency and intensity HEALTHY EATING FOR AN ACTIVE LIFE: <ul style="list-style-type: none"> Average daily requirements are estimated to be around 2000 Kcal for women and 2800 Kcal for men who are of healthy weight. However everyone is different and there can be great variation in an individual's metabolic rate the rate at which the body burns energy (calories) and total energy requirements. The healthy eating information (included in this Chart) is appropriate for adults and children aged 2 years and over. HEALTH BENEFITS OF REGULAR PHYSICAL ACTIVITY: <ul style="list-style-type: none"> Regular physical activity from childhood can reduce the risk of developing: <ul style="list-style-type: none"> Obesity Type 2 Diabetes Coronary Heart Disease Early Years (under 5): <ul style="list-style-type: none"> The building blocks of a healthy and physically active lifestyle are laid in early years. Encourage 3 hours a week of active play when play, building and making things, playing games. Encourage active travel activities to use unaided movement. Children and Young People (5 – 18 year olds): <ul style="list-style-type: none"> Encourage participation in sport and activities of moderate and vigorous intensity. Physical activity for the age group should be appropriate to age and type for their age. Children who participate in regular physical activity are more likely to maintain a healthy weight in later life. Adults (19 – 65 year olds): <ul style="list-style-type: none"> Have a minimum amount of moderate to vigorous intensity physical activity. Regular physical activity will help to reduce the risk of developing: <ul style="list-style-type: none"> Obesity Type 2 Diabetes Coronary Heart Disease Hypertension Stroke Depression Alcoholism Chronic Pain Chronic Lung Disease Chronic Kidney Disease Chronic Inflammatory Bowel Disease Chronic Osteoporosis Chronic Urinary Incontinence Chronic Venous Disease Chronic Venous Thrombosis Chronic Venous Ulcers Chronic Venous Stenosis Chronic Venous Thrombocytopenia Chronic Venous Thrombocytopenia Chronic Venous Thrombocytopenia Older Adults (65+ year olds): <ul style="list-style-type: none"> Maintaining regular physical activity will be beneficial to having a good quality of life that is healthy and enjoyable. Encourage participation in sport and other activities that are enjoyable and provide social opportunities. Be physically active to maintain individual's best health status. FOOD SECTIONS: <ul style="list-style-type: none"> CARBOHYDRATE: <ul style="list-style-type: none"> Good sources: bread, pasta, rice, potatoes, cereals, fruit, vegetables, pulses, nuts, seeds. Good sources: bread, pasta, rice, potatoes, cereals, fruit, vegetables, pulses, nuts, seeds. PROTEIN: <ul style="list-style-type: none"> Good sources: meat, fish, eggs, dairy products, pulses, nuts, seeds. Good sources: meat, fish, eggs, dairy products, pulses, nuts, seeds. FRUIT AND VEGETABLES: <ul style="list-style-type: none"> Good sources: fruit, vegetables, pulses, nuts, seeds. Good sources: fruit, vegetables, pulses, nuts, seeds. FLUID: <ul style="list-style-type: none"> Good sources: water, milk, fruit juices, soft drinks, sports drinks. Good sources: water, milk, fruit juices, soft drinks, sports drinks. WALK AND BURN FAT: <ul style="list-style-type: none"> Walking is a simple and effective way to burn calories and improve your health. Walking is a simple and effective way to burn calories and improve your health.