



**Schedule between 30 and 90 minutes of moderate to vigorous physical activity most days of the week.**

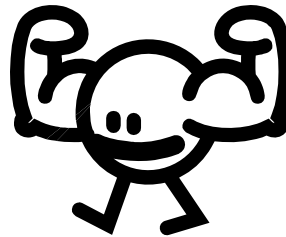
**A healthy lifestyle is a combination of good nutrition AND physical fitness.**

**Physical activity** involves movement and expends energy.

**Exercise** is planned or structured activity.

**Physical fitness** is the optimum performance of physical activities and exercises.

## Five components of physical fitness



**4** **Flexibility** is the elasticity of a muscle. This aids in muscle relaxation and decreases your risk of injury.

INCLUDES: Stretching.



**5** **Body composition** is the proportion of body fat compared to bone and muscle mass. Improving this ratio increases your metabolism and energy level.

INCLUDES: Aerobic exercise, walking, jogging, swimming, cycling, or stretching along with good nutrition

**1** **Cardiorespiratory endurance** or **cardiovascular conditioning** is the ability to do moderate to vigorous activity over a period of time. This helps your heart and lungs work together to supply oxygen to your body and burn fat while building muscles.

INCLUDES: Aerobic exercise, brisk walking, jogging, swimming, or cycling.

**2** **Muscular strength** is the amount of force a muscle can exert when flexed. This helps improve your metabolism, muscle tone, performance and appearance.

INCLUDES: Lifting weights.



**3** **Muscular endurance** is the ability of a muscle to sustain or repeat contractions. This increases your stamina.

INCLUDES: Push-ups, pull-ups, sit-ups, or weight training.



# benefits, benefits, benefits

## Health benefits of physical activity:

- Reduces risk of obesity and serious diseases
- Helps control blood pressure
- Improves cholesterol levels
- Helps build healthy bones, muscles and joints
- Improves immunity
- Boosts energy

## Well-being benefits of physical activity:

- Enhances emotional well-being
- Reduces stress, tension, anxiety and depression
- Improves quality of sleep
- Increases mental acuity
- Improves productivity
- Improves self-esteem
- Improves quality of life
- Reduces health care costs
- Helps seniors maintain independence

## Fitness benefits of physical activity:

- Builds endurance
- Increases strength
- Enhances flexibility
- Reduces injuries
- Increases fitness level

## recipes

### orange delight

2/3 cup orange juice concentrate  
1 cup skim milk  
1 cup water  
1 teaspoon vanilla  
1/4 cup sugar  
12 ice cubes

Combine all ingredients except ice cubes in blender. Mix well. Gradually add ice cubes and mix until finely crushed. Yield: 4 servings.

### quick pasta marinara

1 1/2 cups uncooked pasta  
1 can (6 oz.) tomato paste  
1 can (28 oz.) diced tomatoes  
2 cups frozen mixed vegetables  
2 teaspoons Italian seasoning  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1 1/4 teaspoon salt  
1/4 teaspoon pepper

Cook pasta according to package directions; drain and rinse. In a large skillet combine remaining ingredients. Simmer 10-15 minutes or until mixture thickens and vegetables are tender; stir occasionally. Serve over pasta. Yield: 6 servings.

### citrus chicken salad

2 boneless skinless chicken breasts, cut into 1/4-inch strips  
3 cups romaine lettuce, torn  
1/2 cup green onion, sliced  
1/2 green pepper, chopped  
1 can (10.5 oz.) mandarin oranges  
1/2 cup shelled sunflower seeds  
1/2 cup cheese, grated  
2 Tablespoons oil  
3 Tablespoons orange juice concentrate  
1 Tablespoon vinegar.

Sauté chicken until done; cool. Combine chicken, lettuce, green onion, green pepper, mandarin oranges, sunflower seeds and cheese in a large bowl. Mix oil, orange juice and vinegar and let sit for five minutes. Pour over salad; toss lightly. Yield: 4-6 servings.

### italian potato salad

1 head broccoli  
1/2 lb. small red potatoes  
1/2 cucumber, chopped  
1/2 green pepper, chopped  
1/2 red onion, chopped  
1/4 cup olives, sliced  
1/2 cup cherry tomatoes  
1/2 cup ham or turkey, cubed  
1/2 cup low fat Italian dressing  
2 Tablespoons parmesan cheese

Cut broccoli into florets and put in a colander. Cook potatoes in a small amount of salted water until tender. Pour potatoes and boiling water over broccoli to blanch; drain and rinse with cold water. Cut potatoes into bite-size chunks. Combine broccoli and potatoes in a medium-size bowl. Add remaining ingredients; toss lightly. Chill before serving. Yield: 4-6 servings.