

Healthy Habits

A publication of Maternal & Family Health Services that provides nutrition education and helps people make healthy food choices

Physical Activity can help you maintain a healthy weight!

Getting plenty of physical activity along with eating right is the best way to maintain a healthy weight throughout your life. It is important to find the balance between the food we eat and the physical activity we get for us to feel and look our best. Physical activity has many benefits such as relieving stress, it gives you more energy, and helps you to feel good.



Physical activity simply means moving the body to burn energy. Fun activities such as dancing, gardening, playing sports and walking are all physical activities that burn energy.

Most adults need at least 30 minutes of moderate to vigorous physical activity each day. If you are trying to lose weight or trying to keep from gaining weight, you may need to do 60 to 90 minutes of physical activity most days.

Start slowly if you have not been physically active for a long time. Be sure to see a doctor before starting an exercise program.

Small amounts of physical activity add up!



If you do not have time to do all your physical activity at once, you can do small amounts throughout the day. These small amounts still add up to good health. Some examples of ways to increase your physical activity throughout the day include:

- Parking further away from your work and walking
- Taking the stairs instead of the elevator
- Walking your children to school instead of driving them
- Playing games with your children such as tag, hide & seek, or throwing a ball
- Taking your dog for a walk
- Washing your car by hand instead of going to a car wash
- Getting off the bus early and walking a few extra blocks

Three 10-minute sessions of physical activity can be added up to meet your 30-minute goal for the day. Check out the chart on the back to see the approximate calories spent per hour by an individual doing a particular activity.

Source: University of Nebraska-Lincoln Extension

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How many calories does physical activity use?

Below are some examples of physical activities and the average amount of calories used in one hour for an individual weighing 154 pounds. Depending on the intensity of the activity, some activities may fall under moderate or vigorous physical activity. The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

Moderate Physical Activity	Approximate Calories burned in 1 hour
Hiking	370
Light gardening / yard work	330
Dancing	330
Golf (walking and carrying clubs)	300
Bicycling (less than 10 miles per hour)	290
Walking (3 1/2 miles per hour)	280
Weight Training (general light workout)	220
Stretching	180

Vigorous Physical Activity	Approximate Calories burned in 1 hour
Running/jogging (5mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy Yard Work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

Calories burned per hour will be higher for persons who weight more than 154 pounds and lower for persons who weight less.

*Source: USDA; Adapted from the 2005 DGAC Report

HEALTHY RECIPE

Jiffy Oatmeal Crunch

Serving Size: 1 square Yield: 30 servings

Ingredients:

- 1/2 cup margarine or butter
- 3/4 cup firmly packed brown sugar
- 1 teaspoon vanilla
- 1/2 teaspoon baking soda
- 2 cups uncooked quick oats
- 1 cup raisins

Instructions:

1. Preheat oven to 350 degrees and grease a 9x13 inch baking pan.
2. In a large skillet, melt butter and brown sugar.
3. Remove from heat and stir in remaining ingredients.
4. Spread into pan and bake for 15-20 minutes. Cool; cut into squares.

Cost:

Per recipe: \$1.63

Per serving: \$0.05

Adapted from Creative Recipes for Less Familiar USDA Commodities Used by Household Programs Food Distribution Service; USDA Food and Nutrition Service

Nutrition Facts	
Serving Size 1 piece 1 1/3 x 3" or 1/30 of recipe (20g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	