

Energize Yourself

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The Health Education Network



The Health Education Network is a Program of the Minority Organ Donation Education Program, Inc.

Being healthy and active can help give you the energy to keep up with the demands of your busy life, take better care of yourself, and be there for the people who depend on you.

If you are overweight and inactive, you are more likely to get:

- Type-2 diabetes (high blood sugar)
- Heart disease
- High blood pressure
- Stroke
- Certain forms of cancer

You may improve your health if you ***Move More and Eat Better***. This information gives you tips on how to get moving and eat well, even when your life is busy.

Being active and making smart food choices is good for your health. But that is not the only reason to move more and eat better. You can:

- Have more energy and less stress
- Feel better about you
- Tone your body
- Look better in your clothes
- Set a good example for your children and friends

Try to do at least 30 minutes of moderate-intensity physical activity (like brisk walking) on most days of the week. It is not as hard as you may think, and you do not have to do the whole 30 minutes at one time. Try these tips to get past things that keep you from being active.

I don't have time for physical activity."

You can "sneak" it into your day, a few minutes at a time. Get started by making these small changes in your daily routine:

- Get off the bus or subway one stop early and walk the rest of the way (be sure the area is safe).
- Take the stairs instead of the elevator (be sure the stairs are well lit).
- Walk and talk with a friend at lunch.
- Put more energy into housework and yard work.

It's too expensive."

There are lots of ways to be physically active that are free or low-cost. You can:

- Find a local school park or school track where you can walk or run.
- Walk around a mall.
- Work out with videos in your home you can find workout videos at bookstores or your local library.

TIP: *Most people do not need to see their health care provider before getting physically active. If you have chronic health problems such as heart disease, high blood pressure, diabetes, osteoporosis, or obesity, talk to your health care provider before starting a vigorous physical activity program. You do not need to talk to your provider before you start less strenuous activity like walking.*

- Join a recreation center or fitness center at work or near your home.
- Walk your dog. If you do not have a dog, pretend that you do.

Physical activity is a chore."

It can be fun! Try to:

- Do things you enjoy, like walking, dancing, swimming, or playing sports.
- Walk or take an exercise class with a friend or a group—that way, you can cheer each other on, have company, and feel safer when you are outdoors.
- Be active with your kids—ride bikes, jump double-dutch, toss softball, play tag, or do jumping jacks. Physical activity is good for them too.
- Break it up into short blocks of time taking three 10-minute walks during your day may be easier than taking one 30-minute walk.
- Use your daily workouts as time out just for yourself.

TIP: *Keep a physical activity log. Writing down your workouts in a notebook or on a calendar lets you see how many times you have been physically active in a week. You can also use your log to track your physical activity and health goals.*

See your doctor before starting any exercise program.

Source: National Institute of Health