



Small Health Changes=Big Health Benefits

Did you know?

1. Reducing one pound of weight decreases 4 pounds of pressure on the knee joint.¹
2. If you are currently walking less than 1 mile a day, increasing your walking to 2 miles a day can reduce your death rate from ~42% to 28% over time.²
3. Reducing your calorie intake by 100 calories a day will result in 10 pounds of weight loss a year.³

1. Messier SP, Gutekunst DJ, Davis C, DeVita P. Weight loss reduces knee-joint loads in overweight and obese older adults with knee osteoarthritis. *Arthritis Rheum.* 2005;52:2026-2032.

2. <http://www.medicine.ox.ac.uk/bandolier/band50/b50-2.html>

3. <http://www.mypyramid.gov>

How are we measuring up?

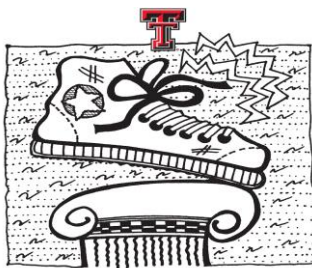
- 77% of adults do not get the recommended servings of **fruits and vegetables** each day.
- 50% of adults do not get enough **physical activity** per day to provide even minimal health benefits.
- 90% of adults do not get the recommended amount of **dietary fiber**.

*CDC, American College Health Assn, BRFSS



MyPyramid: <http://www.mypyramid.gov>
This website estimates your personal calorie level and provides the amounts of foods needed for each day and sample menus.

MyPlate: <http://www.choosemyplate.gov/>
This website shows what your plate should look like according to each food group.



F.I.T. TECH!
Fitness, Information, Technology Challenge

For more nutrition tips, recipes, videos and more, visit:
<http://www.depts.ttu.edu/fittech/>

Nutrition & Physical Activity Recommendations for Most Adults

- 2 1/2-3 cups of vegetables per day and 1 1/2 -2 cups of fruit per day
- 3 cups of dairy products per day
- 30-60 minutes of physical activity per day
- 35 grams of fiber per day

*MyPyramid.gov