TTU Faculty Fitness Challenge 2015

As the Campus Dietitian, I will share many tips to help you be a healthier and more productive student or staff member at Texas Tech. A healthy lifestyle, that combines healthy eating and appropriate fitness can aid in your personal goals. Think 80% nutrition and 20% fitness.

80% Nutrition Tips

Choosing healthier cooking methods can make a big difference on how much fat your food contains. Skip the deep fry today and try:

- Grilled, Baked, Roasted,
- Stir Fried (in water not oil)
- Stewed or Sautéed

Bonus Tip: Add flavor instead of extra fat with herbs, garlic and onions.

Make half your plate fruits and vegetables every meal! This adds fiber and keeps calories in check:

- Fruits 45-65 calories per serving
- Veggies 25 calories per serving (non-starch variety and not fried)
- Starchy veggies are peas, corn, potatoes and some squashes

Go lean with proteins:

- Grilled chicken, poultry, lean pork, tofu, tuna(in water) and boiled eggs
- Aim for 25-30 grams of protein at each meal.

Break the Fast! Skipping breakfast after not eating all night long is like driving a car without gas. You won’t get far before you break down. Reach for something small. It doesn’t have to be an entire meal. Try whole grains, fruits, lean proteins and dairy:

- Fruit, granola bar, nut bars with protein, yogurt, cheese and crackers, or fruit with string cheese
- Above selections can be found at Sam’s Place, Breakfast Tacos from the Food Truck, Thintastic at Einstein Bros® Bagels

Be intentional with your choices and pick something that will improve your health!

20% Fitness Tips

Use the FIT Principle when Exercising:
F= Frequency  I= Intensity  T=Time

ACSM (American College of Sports Medicine) recommendations:

- Frequency 3-5 sessions per week
- Intensity of 50-85% each time
- Time 30-60 minutes per session
- Try to burn 200-300 calories per session (30 minutes of vigorous exercise is worth about 250 Calories burned)

Make plans for healthy eating and incorporate physical activity today and every day!

See this website for tips on exercise:
7 benefits of regular physical activity

Campus Fact: Walk to your next meal on campus. Map your own location on campus and push yourself to walk farther. Mileage for walking from Wiggins Complex to:

<table>
<thead>
<tr>
<th>Location</th>
<th>Mileage</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUB</td>
<td>.74</td>
</tr>
<tr>
<td>Commons</td>
<td>.68</td>
</tr>
<tr>
<td>Horn/Knapp</td>
<td>.74</td>
</tr>
<tr>
<td>Market</td>
<td>.52</td>
</tr>
<tr>
<td>RCoBA</td>
<td>1.02</td>
</tr>
<tr>
<td>Stadium</td>
<td>1.41</td>
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"Even if you’re on the right track, you’ll get run over if you just sit there" - Will Rogers

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