



Nutrition and Physical Activity RA Training

Location: Laker Hal, MPR

11.29.2016, 9PM

Presenters:

Amber Mendes, Fleshia Kollock, Abiane Collymore (HFMG Seniors)

Objectives

- Overview of the 2015-2020 Nutrition Guidelines for Americans
- Overview of the Physical Activity Guidelines for American
- Campus Opportunities to Meet Nutrition and Physical Activity Guidelines

2015-2020 Nutrition Guidelines

- The dietary guidelines were designed to help individuals and families 2 year of age and over to consume a healthy nutritional diet
- Useful for health professionals and policymakers
- Created by Health and Human Services and the USDA every 5 years to provide nutritional guidelines for the general public

Dietary Guidelines

- The goal is to develop healthy eating patterns through all developmental stages of life which promotes a healthy body weight and also reduces the risk of developing chronic illnesses and disease.
- Healthy eating patterns that include nutrient dense foods containing vitamins, minerals and dietary fiber will help you attain your nutritional needs through food versus supplements.

The Guidelines

- **Follow a healthy eating pattern across the lifespan.**
 - All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- **Focus on variety, nutrient density, and amount.**
 - To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

The Guidelines

- **Limit calories from added sugars and saturated fats and reduce sodium intake.**
 - Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- **Shift to healthier food and beverage choices.**
 - Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

The Guidelines

- ▣ **Support healthy eating patterns for all.**
 - ▣ Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

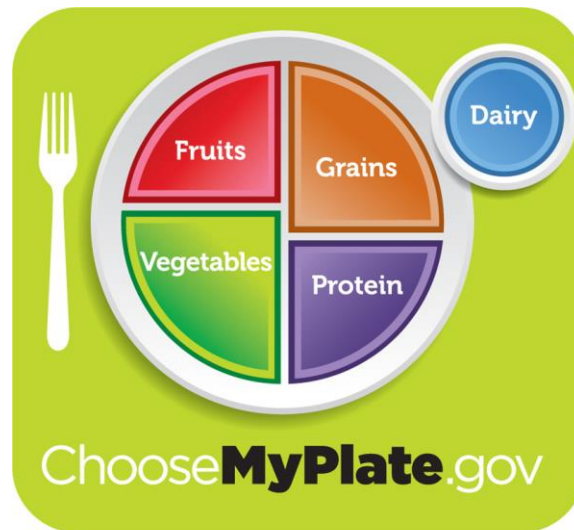
Key Recommendations

- Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.
- A healthy eating pattern includes:
 - A variety of vegetables from all of the subgroups— **dark green**, **red** and **orange**, legumes (beans and peas), starchy, and other
 - Fruits, especially whole fruits
 - Grains, at least half of which are whole grains
 - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - A variety of protein foods, including seafood, lean meats and
 - poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy
 - products
 - Oils



You Are What You Eat!

- Well that's not exactly true, but a pattern of unhealthy food choices increases the risk of developing chronic diet related diseases.

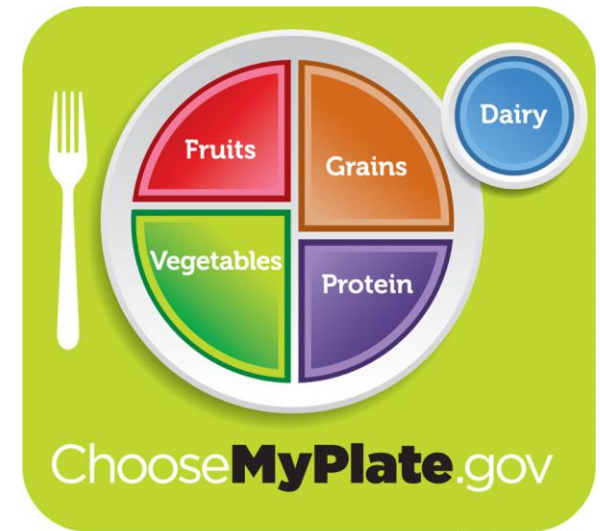


SOURCE: U.S. Department of Agriculture

MyPlate Diet-Planning Tool

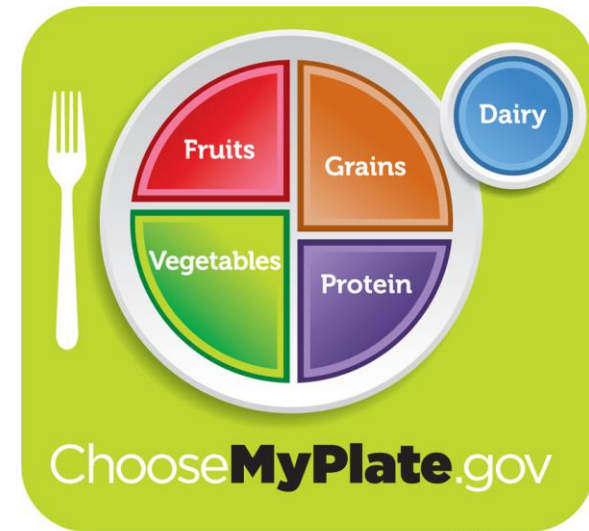
■ What are ten tips to a great plate?

1. Balance your calories.
2. Enjoy your food, but eat less.
3. Avoid oversized portions.
4. Eat some foods more often.
5. Make half your plate fruits and vegetables.



MyPlate Diet-Planning Tool

- What are ten tips to a great plate?
 6. Switch to fat-free or low-fat (1%) milk.
 7. Make half your grains whole grains.
 8. Eat certain foods less often.
 9. Compare sodium in foods.
 10. Drink water instead of sugary drinks.



GRAINS

Make half your grains whole

Eat at least 3 oz of whole grain cereals, breads, crackers, rice, or pasta every day.

1 oz is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta.

VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Eat more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

FRUITS

Focus on fruits

Eat a variety of fruit.

Choose fresh, frozen, canned, or dried fruit.

Go easy on fruit juices.

DAIRY

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

1 cup = 1 1/2 oz natural cheese, or 2 oz processed cheese.

PROTEIN FOODS

Go lean with protein

Choose low-fat or lean meats and poultry.

Bake it, broil it, or grill it.

Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.

1 oz = 1 oz meat, poultry, or fish; 1/4 cup cooked dry beans; 1 egg; 1 tbsp peanut butter; 1/2 oz nuts/seeds.

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to www.ChooseMyPlate.gov.

Eat 6 oz every day.

Eat 2 1/2 cups every day.

Eat 2 cups every day.

Get 3 cups every day; for kids aged 2 to 8, it's 2.

Eat 5 1/2 oz every day.

A Healthy Eating Pattern Limits:

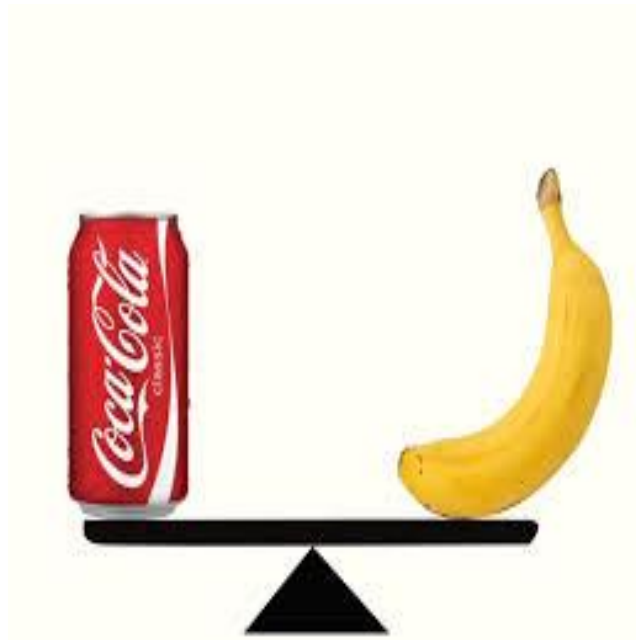
- Consume **less** than 10 percent of calories per day from added sugars
- Consume **less** than 10 percent of calories per day from saturated fats
- Consume **less** than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

A Healthy Eating Pattern Limits:

- Your eating pattern should limit calories from added sugars and saturated fats and reduce sodium intake.



Shift to Healthier Food and Beverage Choices



Shift to Healthier Food and Beverage Choices

- Choose healthier food and beverage options that are nutrient dense vs unhealthy ones
- The healthier selections should include and span across all food groups
- Cater the healthier selections to your own taste, considering cultural and personal preferences to make the shift to the healthier option easier and palatable.

What Affects Capacity to Choose a Healthy Diet?

- Families and/or individuals may have limited access to healthy food due to location of nearest market, transportation issues and limited/no resources (income) to choose a healthy diet
- Household food insecurity - occurs when there is limited access to safe and nutritional food.
- Acculturation- is adopting the unhealthy eating and physical activity behaviors of another culture.

Action Strategy

- Align with Dietary guidelines and form a collaborative group strategy across all segments
- Unlearn poor eating habits and incorporate healthier food choices
- Get up and move...Exercise!
- Professionals work with individuals to teach skills such as reading labels, gardening, meal planning
- Provide assistance programs to communities in need
- Address individual's needs

2008 Physical Activity Guidelines

- Science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity
 - Guidance on the types and amounts of physical activity that provide substantial health benefits

Benefits of Physical Activity

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with disabilities.
- The benefits of physical activity far outweigh the possibility of adverse outcomes.

What is Physical Activity

- *Any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above basal level.*
- For our purposes, physical activity will refer to bodily movement that enhances health.
- Bodily Movement can be divided into two categories
 - Baseline Activity- Light-intensity activities of daily life
 - Health-enhancing physical activity- is activity that, when added to baseline activity, produces health benefits

Classification of Total Weekly Amounts of Aerobic Physical Activity Into Four Categories

Levels of Physical Activity	Range of Moderate-Intensity Minutes a Week	Summary of Overall Health Benefits	Comment
Inactive	No activity beyond baseline	None	Being inactive is unhealthy.
Low	Activity beyond baseline but fewer than 150 minutes a week	Some	Low levels of activity are clearly preferable to an inactive lifestyle.
Medium	150 minutes to 300 minutes a week	Substantial	Activity at the high end of this range has additional and more extensive health benefits than activity at the low end.
High	More than 300 minutes a week	Additional	Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits.

Health Benefits of Physical Activity

- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial
- Reduced Symptoms of depression
- Improved cardio respiratory and muscular fitness
- Improved bone health
- Improved cardiovascular and metabolic health biomarkers
- Favorable body composition
- Reduces the risk of premature death
- Weight loss, particularly when combined with reduced calorie intake

Key Guidelines for Children and Adolescents

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.
 - **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
 - **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
 - **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Key Guidelines for Adults

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate intensity, or 150 minutes a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Key Guidelines for Older Adults

- **The Key Guidelines for Adults also apply to older adults. In addition, the following Guidelines are just for older adults:**
 - When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
 - Older adults should do exercises that maintain or improve balance if they are at risk of falling.
 - Older adults should determine their level of effort for physical activity relative to their level of fitness.
 - Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

Safety

- To do physical activity safely and reduce the risk of injuries and other adverse events, people should:
 - Understand the risks and yet be confident that physical activity is safe for almost everyone.
 - Choose to do types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
 - Increase physical activity gradually over time whenever more activity is necessary to meet guidelines or health goals. Inactive people should "start low and go slow" by gradually increasing how often and how long activities are done.
 - Protect themselves by using appropriate gear and sports equipment, looking for safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
 - Be under the care of a health-care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.

Healthy Nutrition and Physical Opportunities at Clayton State

- Department of Recreation and Wellness
- Lakeside Dining Hall
- Health & Fitness Management Program

Department of Recreation and Wellness

- Fitness & Wellness
- Outdoor Adventure
- Intramural Sports
- Club Sports

Fitness & Wellness

- Fitness Center
 - Available to all registered students
 - Strength Training and Cardio Equipment
- Group Fitness
 - A variety of offerings throughout the year
 - Zumba, Yoga, Functional Training
- Fitness Assessments
- Personal Training

Fitness & Wellness

- Fitness Assessments
- Personal Training
- Contact
 - Evelyn Burttram, Assistant Director of Recreation and Wellness
 - EvelynBurttram@Clayton.edu
 - 678-366-4975
 - Website: Clayton.edu/recwell/Fitness-Wellness

Outdoor Adventure

- ❑ Challenge Course
- ❑ Outdoor Equipment Rental Program
- ❑ Trips
 - ❑ Skiing
 - ❑ White water rafting
- ❑ Student Outdoor Leadership Program
- ❑ Clayton.edu/recwell/Outdoor-Adventure

Intramural Sports

- Available during the Fall and Spring Semesters
 - Flag football
 - Dodgeball
 - Basketball
 - Indoor/outdoor soccer
 - Volleyball
- For specific sport offerings and to register:
 - Clayton.edu/recwell/Intramural-Sports

Club Sports

- Provide students competition, instruction, and recreation in both competitive and recreational sports and activities.
 - Alternative to intramural sports and intercollegiate athletics
 - Offers
 - Coaching, league travel, and participation in a variety of tournaments.
 - Teams are comprised and managed by students
- More info:
 - Clayton.edu/recwell/Club-Sports

Lakeside Dining Hall

- Healthy Dining Options Available
 - Fruits, vegetables, and whole grain items are available
 - Low-calories desserts
 - Nutrition information posted for all foods
 - Mindful by Sodexo (mindful.sodexo.com)
 - Icon used to demonstrate healthier options
 - Recipes, workout, and health living tips provided
 - Menu available online
 - Csudining.sodexomyway.com

Health & Fitness Management Program

- Personal Training
 - 8 weeks of personal training offered in the Spring and Fall semester.