

HEALTHY LIVING GUIDE



GOVERNMENT OF BERMUDA
Ministry of Health
Department of Health

PHYSICAL ACTIVITY & WHAT YOU CAN BURN

Just 100 excess calories per day can lead to gaining 10lbs in a year!

Achieving and keeping a healthy body weight for height is all about maintaining a balance between the calories you eat and the calories you burn.

HERE'S A ROUGH GUIDE TO WHAT GETS BURNT OFF BY DIFFERENT ACTIVITIES.

PHYSICAL ACTIVITY		CALORIES BURNT*	WHAT YOU BURNT OFF
	1 minute walking	5	2 grapes
	1 flight of stairs	15	1 french fry
	5 minutes walking	25	1 small carrot
	11 minutes walking	55	1 small apple
	12 minutes of dancing	80	1 small glass of wine
	15 minutes of gardening	85	1 slice of whole wheat bread

PHYSICAL ACTIVITY		CALORIES BURNT*	WHAT YOU BURNT OFF
	 20 minutes walking	100	 1 chocolate cookie
	 20 minutes cleaning	111	 1 banana
	 20 minutes swimming	140	 1 slice of pizza
	 22 minutes aerobics	150	 1 can of soda
	 15 minutes karate	185	 1 baked potato
	 20 minutes tennis	246	 1 bag of potato chips
	 30 minutes jogging	296	 1 chocolate bar
	 30 minutes cycling	296	 1 chicken salad sandwich
	 30 minutes playing football	333	 1 small cheeseburger
	 1½ hours playing football	1,000	 1 pizza —12"

*These are approximate estimates calculated for a person weighing 154lbs
 For more information go to: www.nhsdirect.nhs/magazine/interactive/calories • www.thecaloriecounter.com

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NOT SURE WHAT YOU SHOULD BE EATING?

EXAMPLES OF WHAT COUNTS AS A SERVING?

WHOLE GRAIN BREADS, CEREALS, RICE AND PASTA

½ cup of cooked pasta or rice



½ cup of cooked cereal



MILK, YOGURT AND CHEESE

1 cup of milk, yogurt, calcium fortified soy milk



1½ to 2 ounces of cheese



VEGETABLES

½ cup of chopped raw or cooked vegetables



1 cup of raw, leafy vegetables



FRUIT

1 small piece of fruit or melon wedge



½ cup of juice



½ cup of canned fruit (in own juice or light syrup)



¼ cup of dried fruit



MEAT, POULTRY, FISH, DRY BEANS, EGGS AND NUTS

2½ to 3 ounces of cooked lean meat, poultry or fish



Count ½ cup of cooked beans, 1 egg or 2 tablespoons of peanut butter (choose unhydrogenated) as 1 ounce of meat

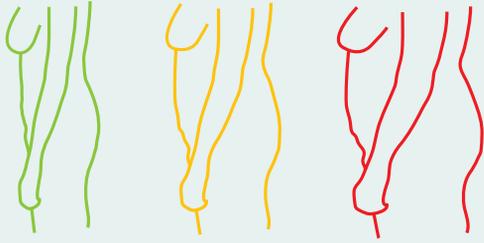


1. Eat foods from all 5 food groups daily.
2. Eat a variety of foods.
3. Eat the appropriate number of servings from each food group daily.
4. Choose lower-fat foods more often.

5. 'Other foods'. Taste and enjoyment can also come from 'other foods' that are not in the 5 food groups. These can be high in fat or calories and low in nutrients, so eat them in moderation e.g. soda, cakes, chips, sweets. Limit or avoid most of the time if you want to lose weight.
6. Plan your meals to ensure that you get the balance and variety of foods you need each day.

	Women and some older adults	Children, teenage girls, active women, most men	Teenage boys and active men
Calorie level	1500 - 1800	About 2200	About 2800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	2-4	2-4	2-4
Meat group	2 for a total of 5 oz. per day.	2 for a total of 6 oz. per day.	2 for a total of 7 oz. per day.

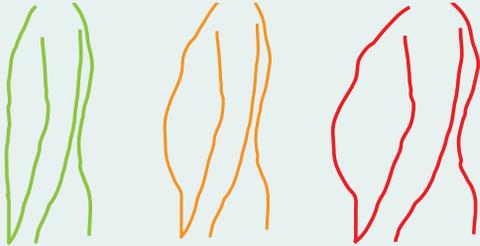
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IDEAL

MEDIUM

HIGH RISK



YOUR WAIST SIZE

By measuring your waist circumference you can check if you have excess fat around your waist that can put your health at risk. Measure your waist size to see if you are within the recommended range.

To measure your waist size, place a tape measure around the narrowest point of your waist (between your lower ribs and your hip bone), breathe out and measure the circumference.

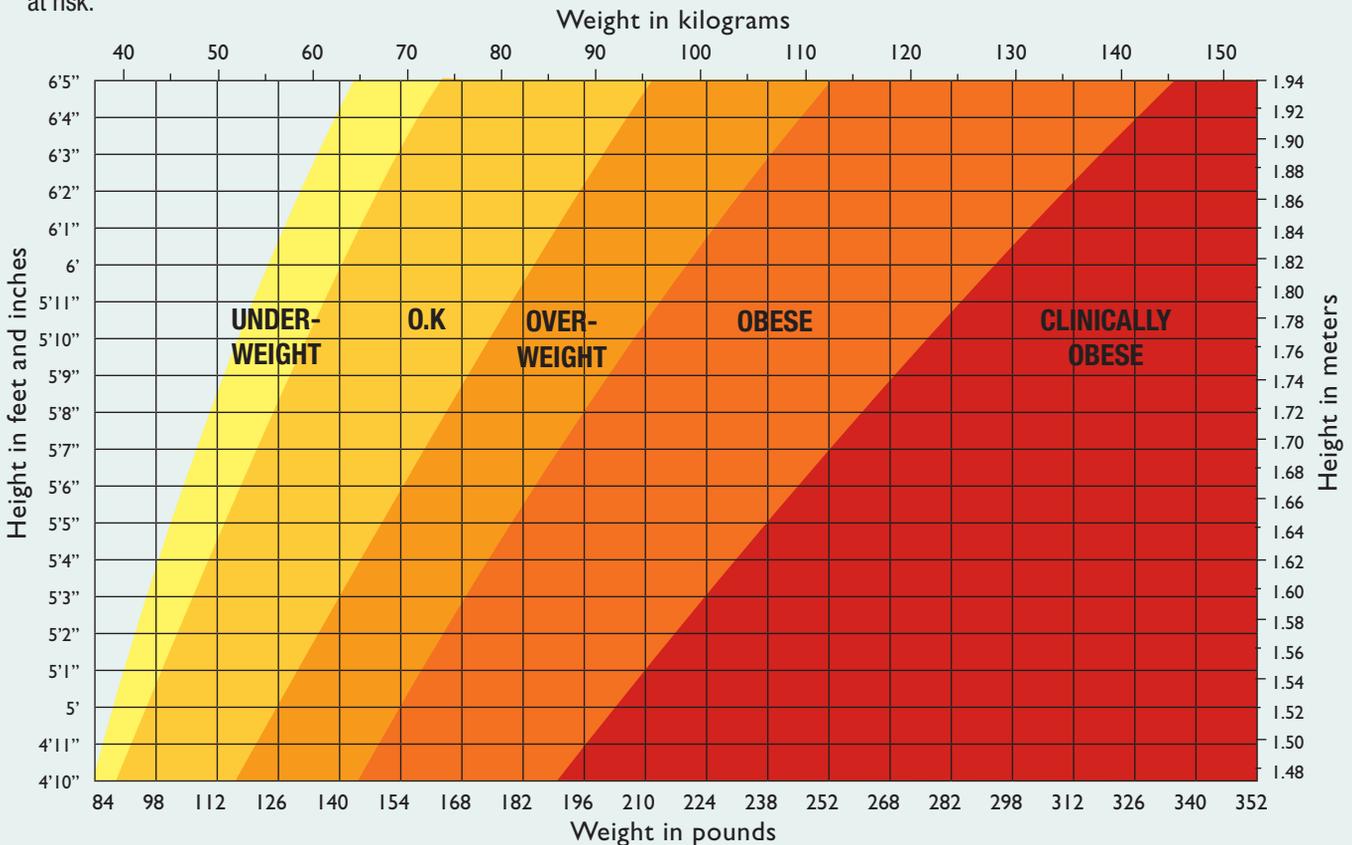
	Ideal to be below	Greatest risk if above
Women	32 inches	35 inches
Men	37 inches	40 inches

Speak to your doctor if you have any concerns

BODY MASS INDEX (BMI)

Body Mass Index (BMI) is a quick way to check if you have a healthy body weight for height. Check your BMI in the graph below, and speak to your doctor if you have any concerns. If your weight is in the orange to red range, your health may be at risk.

However, BMI may not be accurate if you are an athlete or very muscular (muscle weighs more than fat.). Use BMI together with waist circumference to calculate your risk.



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IT'S ALL ABOUT BALANCE

Is your life out of balance as you juggle family and work responsibilities in your busy life?

We all need to balance the separate roles in our life. You can start by using the Balance Your Life Wheel to help you work towards achieving a greater sense of well-being and satisfaction.

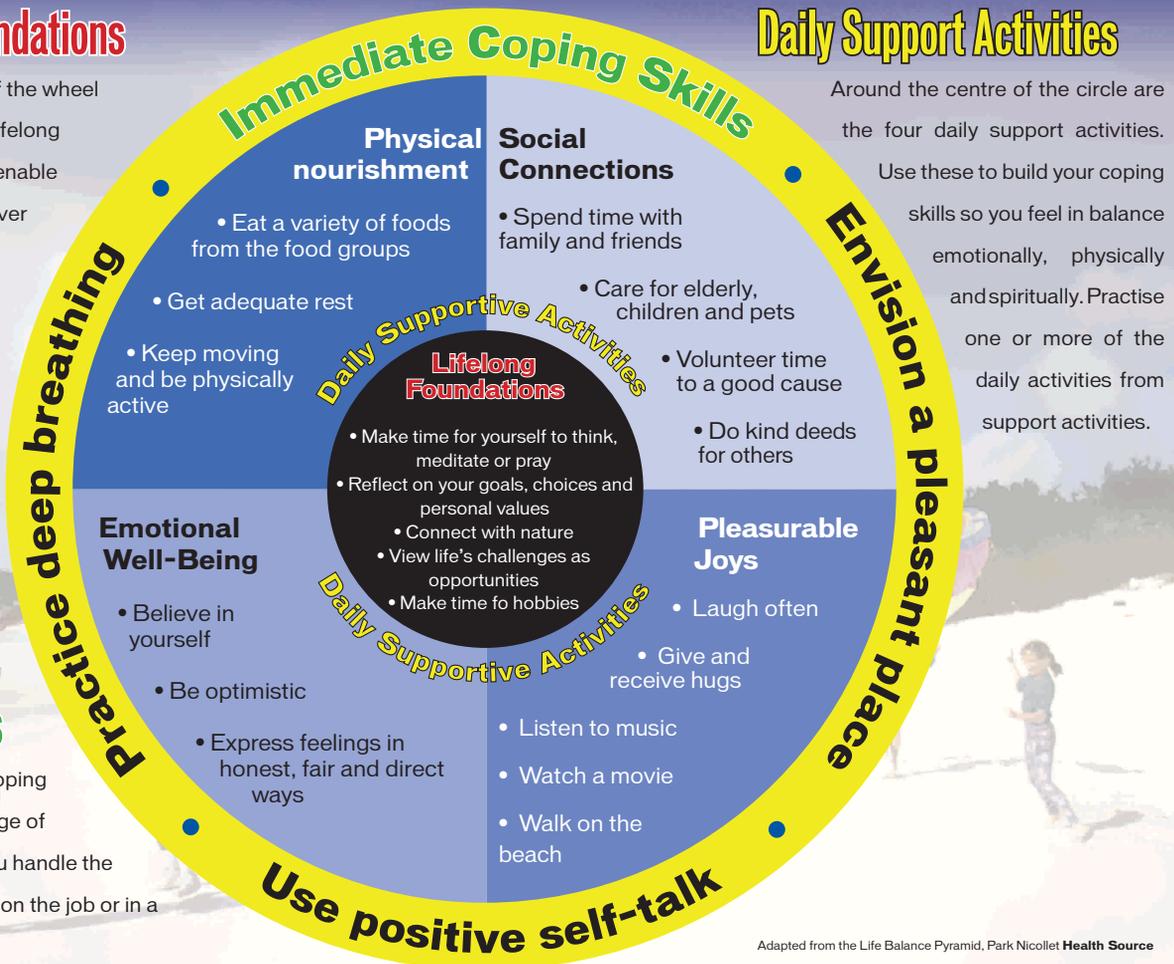
BALANCE YOUR LIFE WHEEL

Lifelong Foundations

Start in the centre of the wheel to ensure you build lifelong foundations. These enable you to handle whatever comes your way.

Immediate Coping Skills

Try the immediate coping skills listed at the edge of the wheel to help you handle the day-to-day stresses on the job or in a traffic jam.



Adapted from the Life Balance Pyramid, Park Nicollet Health Source

Want personalised information ?

If you want more information to build a personal healthy living plan, try these reliable web sites:

www.mypyramid.gov

www.eatwell.gov.uk

www.nhsdirect.nhs.uk/magazine/interactive/calories

www.thecaloriecounter.com

www.webmd.com