

Did you know?

Health clubs estimate that up to 90 percent of members who sign up in January stop working out by April.

Keep reading to learn how to stay motivated to maintain your healthy new lifestyle.



To Burn Off a Large Order of Fries (400 Calories)

A 160-pound person could burn off 400 calories in the time and activities shown below:

Activity	Minutes
Moderate walking	95
Scrubbing Floors	89
Dancing	70
Bicycling	39
Running	28

CONGRATULATIONS! You've taken the first step to creating a healthier, happier you! Now that you've made the decision to participate in the Active For Life program, here are some ideas to help you create—and reach—your new health goals!

A Dropout-Proof Plan To Make Your Fitness Goals A Reality

Measure Yourself And Write Down A Plan

- To chart your progress, you have to know your starting point, so record your beginning weight, resting heart rate, and body-fat levels on a chart.
- Then write down your fitness goals for the next year; a set of instructions comes with everything – and your fitness regimen should too.

Set Realistic Goals

- Don't expect to lose 50 pounds or run a marathon in just a few months, because you'll quit in frustration once you find out that's an impossible goal.
- Instead, shoot for something more realistic, like losing five pounds per month and working up to a 10k run.
- For free advice, quiz a clerk at a running store or bike shop.

Start Slowly

- Hold your horses. Starting off too hard puts you at risk of soreness, muscle pulls, colds, and frustration.

Set a Specific Time

- Consistency is the key to adapting your body to a new habit.
- Do your run every day at 8 pm, and your body will start to crave it at that time every day.

Set Specific Goals

- Settle on a specific target of losing 30 pounds in 6 months instead of a general goal of losing weight. If your goal is too ill defined, it becomes too easy to do the minimum.

Use Your Day Planner

- Schedule your gym time just like you do an important meeting.
- Psychologically, you commit more to something written down.

Build In Room For Imperfection

- Even the most seasoned exercise veteran falls off the wagon once in a while. Expect occasional setbacks.
- Allow one month out of 10 where you maintain or gain a little weight.
- For one week of each month, require only three days of exercise, rather than your standard five, but build in a safety check, such as a promise not to go more than four days without exercise.

Sample Menu to Include 5 A Day

More than a decade ago the National Cancer Institute launched the Eat 5 A Day for Good Health program to move Americans closer to a cancer-fighting diet. Today the evidence is even stronger that a diet high in fruits and vegetables can help prevent cancer over a lifetime.

This sample menu shows how to get 5 servings of fruits and vegetables without much fuss or expense. And as you can see in the accompanying article, fruit and vegetable serving sizes are smaller than most people imagine, which makes them easy additions to a meal or snack.



Breakfast

Usually do cereal? Slice a medium or half a large banana on top. Above all else, don't forget your morning juice. Just 6 ounces of 100% fruit juice or low-sodium vegetable juice counts as a serving toward your 5 A Day.

Tally: 2 servings.



Midmorning snack

Unsweetened portable applesauce counts as a serving and is easy to snack on anywhere. Like those baby carrots? Eat just five or six baby carrots and you have another serving. A handful of dried fruit (1/4 cup) will do the trick too.

Tally: 3 servings.



Lunch

When you need a quick lunch, try ordering a pita sandwich or wrap loaded with vegetables, or a cup of hearty vegetable soup. Add a small side salad with low-fat dressing, and feel your energy rise.

Tally: 5 servings.



Dinner

Even if you only have 5 minutes, dinner veggies are easy and delicious. Consider cooking canned or frozen peas or cauliflower in the microwave for a quick dinner side dish. Or, make a quick and delicious meal out of a microwave-cooked sweet potato with 1 teaspoon of butter, a splash of apple juice or squeeze of lemon, and a light sprinkling of cinnamon and brown sugar. A 1/2 cup of berries counts as one serving.

Tally: 7 servings.



Dessert

Stock your freezer with 100% juice Popsicles or place 1/2 cup of berries, peaches, or other favorite fruit on low-fat frozen yogurt and you have added another serving to your day.

Daily total: 8 servings.



Fruits & Vegetables: Do You Get Enough?

The American Cancer Society recommends five or more servings of fruits and vegetables each day to help prevent cancer. These foods are the best source of helpful vitamins, minerals, fiber, antioxidants, and phytochemicals that may help prevent disease. They also give you energy and help you feel great.

Since the serving sizes are relatively small, most people can easily follow the recommendations. The list below explains the size, shape, and/or look of one serving:

- Medium apple or orange: the size of a tennis ball
- 1 cup chopped raw vegetables or fruit: baseball size
- 1/4 cup dried fruit (raisins, apricots, mango): a small handful
- Lunch-box size container of unsweetened applesauce.
- Cup of lettuce: four leaves
- Chicken stir-fry with 1 cup of mixed broccoli, carrots, and mushrooms (= 2 vegetable servings)
- 1/2 cup cooked or canned legumes (beans and peas)
- 5-6 baby carrots



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