

Want to improve your health without turning your world around?

# 1-2 *Give it the* Punch!

1 - Cut 200 calories a day

2 - Add 2,000 steps a day

**1 - Cut 200 calories a day.** In the 1950s when secretaries switched to the electric typewriter from the old manual typewriter, it has been calculated that they cut their energy expenditure by about 200 calories a day. Providing nothing else in their lives changed, that would mean a weight gain of 20 pounds in a year. Whether it's calories in or calories out, 3500 calories equals one pound. So two hundred little calories can really add up! See how painlessly you can decrease 200 calories in YOUR life.

- Switch from regular cream cheese to light
- Hold the mayo on your next sandwich
- Order grilled chicken rather than fried
- Try baked potato fries instead of french fries
- Substitute a light dressing on your salad for one high in fat – even salad bars can be fattening!
- Forget the cheese on your next burger
- Wrap up half your next restaurant meal for left overs
- Use a sugar substitute instead of real sugar
- Try egg beaters instead of eggs in a recipe
- Try mixing your soda, half regular and half diet
- Choose a bag of light popcorn over chips
- When you want a sweet snack, pick fruit over candy
- Pour salsa on your baked potato instead of butter or sour cream
- Use fat free half & half in coffee and baking

**2 - Add 2,000 steps a day.** While diet contributes to overweight and obesity, activity level plays a large part as well. Counting steps with a pedometer can be an excellent way of tracking your activity level. To maintain a healthy Body Mass Index (BMI), studies show that adults need 10,000 steps/day. For 6-12 year olds, boys need 15,000 steps/day and girls need 12,000 steps/day. One **mile** is equal to 5280 feet. While everyone's stride is different, most people say it takes about 2000 **steps** for every **mile**.

- Park farther away in the parking lot
- Get off the bus a stop or two earlier and walk
- Pace the office or walk around your home when talking on a cordless phone
- Return the shopping cart all the way to the store
- Never drive through – go inside to order
- Walk the dog
- Walk to friends homes or to do small errands
- Hide the TV remote – get up to change the channels
- Take the stairs instead of the elevator
- Make several smaller trips to put the laundry and other items away instead of one large one
- Don't stand, pace when waiting for the bus, elevator, airplane, meetings to start, etc
- Encourage walking meetings with co-workers
- Break a 30 min walk up into 3, 10 min walks