Life Style Changes

Physical Activity
The USDA recommend children and adolescent ages 6-17 to engage in at least 60 minutes of daily moderate or vigorous aerobic physical activity. Adults ages 18-64 should engage in at least 2 hours and 30 minutes of weekly moderate aerobic physical activity or 1 hour and 15 minutes of weekly vigorous aerobic physical activity (USDA, 2014).

Simple physical activity ideas include:
- Walking or cycling to work
- Recreational activities such as soccer or tennis
- Running
- Swimming
- Dancing

Nutrition
Recommendations from the 2010 Dietary Guidelines (USDA):
- Fill the majority or at least half your plate with fruits and vegetables
- Make at least half your grains whole grains
- Switch to skim milk, 1%, or soy milk
- Choose foods with little or no added sugar

Ideas of food that fall into these categories include chayote, chiles, jicama, maize, cucumbers, carrots, avocados, bananas, papaya, and mango (Oldways Preservation Trust, 2014).

Other helpful tips:
- Read nutrition labels
- Be aware of “portion distortion”
- Be aware of sugar and calories in beverages
- Consume nutrient dense foods such as fruits, vegetables, and whole grains

Resources

CDC, Obesity: Halting the Epidemic by Making Health Easier
http://www.cdc.gov/chronicdisease/resources/publications/aag/obesity.htm

CDC, Diabetes Public Health Resource
http://www.cdc.gov/diabetes/consumer/index.htm

We Can!® Resources

USDA Choose My Plate
http://www.choosemyplate.gov/index.html

Dietary Guidelines for Americans 2010
The Importance of Physical Activity and Nutrition

Nutrition

Proper nutrition is just as critical for optimum health of an individual. Currently, Latinos are facing the challenge of access to healthy, fresh food, but are in close proximity to fast food restaurants and convenience stores (Salud America, 2011). Latinos also seem to be exposed to a more unhealthy environment that often promotes non-nutritious food and lacks healthy food promotion (Salud America, 2011).

Physical Activity

According to the Office of Minority Health, Hispanic adults were 30% less likely to engage in physical activity than non-Hispanic whites (OMH, 2011). Physical inactivity is a serious concern, for 12% of deaths in the U.S. are related to sedentary lifestyles (University of Maryland Medical Center, 2013).

The Latino community is currently facing a challenge in living active lifestyles. Access to safe recreational areas and time spent on social media discourages Latino youth to be active in their neighborhoods (Robert Wood Johnson Foundation, 2011). It is up to the Latino community to take initiative and lead the community to a more active lifestyle.

The benefits of Physical Activity can never be overemphasized. Physical activity reduces the risk of cardiovascular disease, Type 2 Diabetes and some cancers (CDC, 2011). Physical activity also improves mental health, sleep and strengthens muscles and bones (CDC, 2011).