WEEK 1 TIPS

Why Eat Fruits & Vegetables?

⇒ Energy! Fruits and vegetables contain carbs which are an essential fuel for physical and mental energy.
⇒ Build immune system—Vitamins and minerals support your immune system to prevent illness or help with recovery.
⇒ Decrease inflammation—Antioxidants in fruits and vegetables decrease inflammation that can occur in muscles after a tough workout. They also decrease risk of many health conditions that are linked to inflammation.
⇒ Control weight—Low in calories, high in fiber—great filling foods to help control appetite and eat according to our body’s hunger and fullness needs.
⇒ Completely natural and unprocessed—Fruits and vegetables are cheap, easy to eat all-natural, unprocessed foods. Many are minimally processed (such as plain, frozen).
⇒ Low cost nutrition—Comparing cost to amount of nutrition, fruits and vegetables are less costly than supplements or supplemented foods; they are a better value than foods with few nutrients.

How Much Do I Need?

Five servings per day is recommended. Use the chart below for serving sizes—you may be getting more than you think! If you have higher energy needs, more fruits and vegetables are recommended to balance your nutrition. Gradually adding fruits and vegetables can help you reach this goal. Choosing different types or colors of fruits and vegetables provides the variety of nutrients your body needs.

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>FRUIT</th>
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</thead>
<tbody>
<tr>
<td>• 1 cup of fresh vegetables—about the size of a baseball</td>
<td>• 1 cup fresh fruit—grapes, berries, cherries and similar small fruit or cut up chunks for other fruit</td>
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<tr>
<td>• 2 cups of uncooked leafy greens—about the size of a softball</td>
<td>• Whole fresh fruit about the size of a baseball</td>
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<tr>
<td>• 1/2 cup cooked vegetables—about the size of a computer mouse</td>
<td>• Small banana</td>
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<tr>
<td>• 6 ounces vegetable juice</td>
<td>• ½ cup canned or frozen fruit</td>
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<tr>
<td></td>
<td>• 1/4 cup dried fruit</td>
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<tr>
<td></td>
<td>• 6 ounces of 100% juice</td>
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For More Info: Choose My Plate and FVMM: 10 Reasons to Eat More
What are the Benefits of Physical Activity?

- Prevention and treatment of chronic disease and improved overall physical functioning
- Enhanced memory retention and intellectual functioning
- Enhanced creativity
- Feelings of happiness!
- Self-efficacy and self-confidence
- Effective for management of stress, anger, anxiety, depression, ADD, ADHD
- Improved quantity and quality of sleep
- Increased energy and productivity
- Motor control and coordination

How Much Do I Need?

**Aerobic Activity**

150 minutes of moderate-intensity activity per week OR 75 minutes of vigorous-intensity activity per week OR a combination of the two (AHA, 2007, CDC and DHHS, 2008).

**Strength Training**

ACSM (2018) recommends two or more days per week including 8 to 10 strength exercises (all major muscle groups) for one to three sets of 8 to 12 reps. Check out acefitness.org for strength exercise ideas!

**Flexibility**

Perform static stretches at least two to three days per week, performing one stretch per major muscle group (8 to 10) and holding each stretch for 10 to 30 seconds and repeating two to four times. Stretches are a great way to take a study break!

For more info, check out SHW Fitness Resources and SHW Exercise Self-Care Guide!