



Navy Environmental Health Center
Health Promotion
5 A Day Campaign 1999
Presents
Get Fit With 5 + 5



This years 5 a day campaign "Get Fit With 5 " is designed to promote a healthier life style by incorporating eating 5 or more servings of fruits and vegetables a day with 30 minutes of physical activity 5 or more days per week.

Why is this so important? Every year half a million Americans die from chronic diseases. Research has shown that diets that are rich in fruits and vegetables along with physical activity can in time reduce the risk of cancer by 30 – 40 % and other chronic diseases such as cardiovascular disease, and diabetes may be prevented. What this means is that it is possible that 3 – 4 million cases of cancer and other chronic disease that occur each year may be prevented by maintaining a healthy lifestyle.

Benefits of consuming a diet rich in fruits in vegetables:

- ❖ Fruits & vegetables are low in calories and fat.
- ❖ Fruits & vegetables are high in vitamins (antioxidants) and minerals.
- ❖ Fruits & vegetables are high in fiber.
- ❖ Eating 5 or more servings of fruits & vegetables a day may reduce the risk of developing certain types of cancers.

Benefits of regular physical activity:

- ❖ Reduces the risk of dying prematurely.
- ❖ Reduces the risk of dying from heart disease.
- ❖ Reduces the risk of developing diabetes.
- ❖ Reduces the risk of developing high blood pressure.
- ❖ Helps reduce blood pressure in people who already have high blood pressure.
- ❖ Reduces the risk of developing colon cancer.
- ❖ Reduces feelings of depression and anxiety.
- ❖ Helps control weight.
- ❖ Helps build and maintain healthy bones, muscles, and joints.
- ❖ Helps to relieve pain and maintain joint mobility for those with arthritis.
- ❖ Increases energy level.
- ❖ Promotes psychological well being.

Making positive Lifestyle Changes does not have to be difficult. Adding more fruits and vegetables can be easy. Here are just a few suggestions.



14 Easy Ways to Get Your 5 a Day

- ❖ If you spend a good portion of your day in a car or at a desk, then store dried fruit in your glove compartment or desk drawer so that a healthy sweet snack is always available.
- ❖ Most fresh fruits are quite portable. Take grapes, apples, tangerines, or your favorite fruits with you where ever you go.
- ❖ Be creative! Add fresh and dried fruit to salads. Try adding raisins, dried apricots, sliced apple, mandarin oranges, and grapefruit sections to your favorite salad.
- ❖ Baked apples, bananas, and sweet potatoes to make a nutritious and tasty dessert.
- ❖ Add broccoli or cauliflower florets, bell pepper strips, peas or squash to your next pasta dinner to create a quick and easy pasta primavera.
- ❖ Add fresh fruit (bananas, peaches, strawberries, or blueberries) to cereals such as shredded wheat or corn flakes. Make 5 A Day fun for kids by making smiling faces on top of hot or cold cereals or pancakes. Use banana slices for eyes, raisins for nose, and an orange slice for a mouth.
- ❖ Include a glass of 100% fruit or vegetable juice with your breakfast or lunch. Six ounces or $\frac{3}{4}$ cup equals one fruit or vegetable serving.
- ❖ Add fresh fruit to low-fat or fat-free yogurt or as toppings for puddings.
- ❖ Make fruit smoothies. Add fruit, low-fat yogurt or milk, and ice to blender and whip.
- ❖ Make slushies. Freeze fresh or canned fruit then add to blender and mix.
- ❖ When grilling, be sure to wrap your favorite vegetables in aluminum foil and cook on the grill. Add pineapple, eggplant, squash, mushrooms, and cherry tomatoes to skewers to make kebabs.

- ❖ Stuff a pita pocket or roll a flour tortilla with vegetables, low-fat cheese, and mustard or low-fat vinaigrette.
- ❖ Plan a picnic when going to the beach, park, bike riding, or on a long walk and include plenty of fruits and vegetables
- ❖ Make fruit and vegetables easily accessible to the whole family. Store them in a place that encourages them to be eaten as a quick, easy, on-the-go snack.

Take the 5 A Day challenge. Be creative and have fun with finding new ways to include more fruits and vegetable in your meals. Get the whole family involved! See if they can create some fun ways to add fruits and vegetables to their favorite foods.

Don't limit yourself to only eating 5 fruits and vegetables a day. Increase the health benefits by eating **5 - 10** fruits and vegetables a day. This is one case where **more** is better!!

What is a 5 A Day serving size?

½ cup raw or cooked vegetables or ½ cup cut-up fruit (about the size of your fist)

1 cup green leafy vegetables (should be larger than the size of your fist)

¼ cup dried fruit (smaller than your fist)

One medium fruit

¾ cup or 6 ounces 100% fruit or vegetable juice

Making positive Lifestyle Changes does not have to be difficult because "Physical Activity Is Everywhere You Go". Physical activity doesn't have to be strenuous to achieve health benefits. All you have to do is increase the amount and participate on a regular basis to improve your health and well being. Adding more physical activity to your daily routine can be easy. Here are just a few suggestions.

Take a morning or evening walk with the kids or dog in the park or around your neighborhood. Walk on your lunch break.

Take the stairs instead of the elevator.

Mowing the lawn, raking, gardening, and even cleaning the house provide moderate physical activity. Get the whole family involved.

If you have limited time for physical activity or have a problem with staying motivated, then get your friends and/or family involved too. This allows you to spend time together while doing something good for your body at the same time. Plan to walk, bike ride, or just play Frisbee or catch together. This way everyone benefits!

Nutrition and physical activity is important for our children too. The National Cancer Institute has developed a web page that provides information on ways to get children to eat more fruits and vegetables along with recipes designed with children in mind. Visit their Web site at <http://www.dcpd.nic.nih.gov/5aday/springtrng.html>.

The Navy Environmental Health Center (NEHC) in cooperation with the Cooper Institute for Aerobics Research has developed a personal training plan booklet that provides information on stretching and injury prevention, aerobic and cardiovascular fitness, muscular strength and endurance, and ergogenic aids. This booklet can be accessed through NEHC's Homepage: <http://www-nehc.med.navy.mil/hp/>.



Take the **“Get Fit With 5 A Day”** challenge. Challenge yourself to eat 5 or more servings of fruits and vegetables a day along with 30 minutes of physical activity at least 5 days a week. Use the chart below to keep track of your progress. Make copies of the chart and challenge your friends and family to take the challenge along with you. Good luck!

The chart is titled "Get Fit With 5 Tracking Chart" in pink. It features a small illustration of a tomato, carrot, and leafy greens. Below the title, it says "DAILY NUMBER OF FRUIT & VEGETABLE SERVINGS". The chart is organized into a grid with columns for "Breakfast", "Lunch", "Snacks", "Dinner", and "Total Goal: 5 a Day". To the right of the grid is a yellow box labeled "Physical Activity" with the text "Goal: 30 min. 5 days a week." The rows represent the days of the week: Monday (red), Tuesday (green), Wednesday (purple), Thursday (cyan), Friday (blue), Saturday (yellow), and Sunday (purple). Each cell in the grid contains a horizontal line for tracking.

The Centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI) have Web sites that contain 5 A Day information. NCI's web site provides an interactive tracking form to keep track of 5 A Day and fitness progress.

Visit them at <http://www.5aday.gov>

<http://www.cdc.gov>

<http://dcpc.nci.nih.gov/5aday>

For those who are involved in promoting increased physical activity within your command, please see the Centers for Disease Controls and Prevention's web site for ideas, activities, and how to motivate your audience at <http://www.cdc.gov/nccdphp/dnpa/readysset/motivaud.htm>.

When you promote a 5 A Day activity at your command, please complete the 5 A Day activity form **and** fax it to (757) 555-1345 (Att: Mary Kay Solera).

The 5 A Day Program Survey is available to use as either a 1 or 2 page survey. This can be used as an evaluation tool to determine if participants have increased their consumption of fruits and vegetables.