

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

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THIS MONTH'S *quick tip*

According to the US government, adults should do at least 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise.



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Focus on Fitness

Why is exercise so important?

There is clear and convincing evidence that physical activity along with good nutrition/eating habits is essential to improving the health and well-being of an individual. Not only does regular physical activity help to protect against chronic diseases such as stroke, colon cancer, diabetes and high blood pressure; it also helps to control weight, reduces symptoms of anxiety and depression, and contributes to healthy bones, muscles, and joints.

What is exercise?

Exercise is an activity that requires physical exertion. If you already exercise regularly, don't stop! If you do not currently exercise, start today! Aim for 20-60 minutes of physical activity 5 days per week. You need to exercise 20 minutes per day for general health and cardiovascular fitness, and 60 minutes per day for weight loss. Exercise does not need to be vigorous or intense. You can become more active just by moving more and sitting less.

How do nutrition and exercise work together?

Good nutrition is essential in providing energy for exercise. Carbohydrates are the main source of energy that your muscles

use during exercise. The best way to make sure your body has all the carbohydrates it needs for exercise is to choose plenty of whole grain products (i.e., bread, pasta, rice, and cereal), vegetables and fruits daily. Try to consume a minimum of 5 servings of fruits and vegetables each day.

Weight Control

In addition to preventing major chronic diseases, exercise and good nutrition are essential components in controlling one's weight. We are constantly being bombarded with various fad diets, such as the Atkins, Zone, and South Beach diets. In reality, these fads are not realistic or sustainable which may lead to more weight gain than loss. What's most important is learning how to balance the calories we eat with the calories we burn. Losing or maintaining weight doesn't need to be around counting carbohydrates or fats. One pound of fat equals 3500 calories; so in order to lose one pound per week you would need to decrease your calories by 500 per day if you are not exercising. However, burning calories during exercise can allow you to make less drastic cuts in your daily calories. Always consult your physician before starting any exercise program.

Design Your Own Fitness Plan



MY FITNESS PLAN continued

VI. With regard to fitness, list your goal for each of the following:

1. Short term goal: (something to accomplish this week)
2. Intermediate goal: (something to accomplish in one month)
3. Long term goal: (something to accomplish in 3-6 months)
4. Ultimate goal: (something to accomplish in your lifetime)

VII. Your Plan

I intend to include the following activities in my schedule on a regular basis:

I intend to exercise at least _____ times each week.

I intend to use the following as a reward to maintain my motivation:

I will look for the following as signs of progress:

MY FITNESS PLAN

I. List three reasons why you want to be fit:

1. _____
2. _____
3. _____

II. Check all components of fitness that you want to improve:

- ☐ Body Composition
 ☐ Flexibility
 ☐ Other
- ☐ Cardiovascular Health
 ☐ Strength

III. Circle all activities that seem enjoyable to you:

- Bicycling Dancing Walking Golf Jogging/Running Skating Skiing Hiking
 Stretching Swimming Team Sports Weight Training Jumping Rope Stair Climbing

IV. Designing your weekly fitness plan: Cross out any of the time slots on the chart (below) that would be impossible for you to exercise each day (due to classes, work, or extra-curricular activities).

	Early Morning	Late Morning	Noon Time	Mid Afternoon	Early Evening
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Determine what activities you want to do in one week and plan it out around your class and work schedules. Keep this chart available as a reminder to help you stick to your exercise routine.

- Be realistic in your short-term goals.
- Start off slowly if you are not used to exercising on a regular basis.
- Be sure to warm up and cool down before and after the exercise routine to prevent injury.
- Be sure to wear appropriate clothing for the temperature of the exercise facility or the weather.
- Let your body temperature adjust itself.
- Drink plenty of water.
- Listen to your body and pace your exercise.
- If an injury is present, ask for assistance when using exercise equipment. Don't push yourself too much as you can make the injury worse.
- Eat sensibly. Follow the nutrition guidelines discussed in this newsletter.
- Exercise 30 minutes five days each week to promote health and well-being.

V. Circle the following methods that would make your selected activities more enjoyable.

- Use these methods to encourage the daily/weekly activities.
- Company (ask a friend to join you)
 - Counting (steps, miles, stairs, jumps, etc)
 - Listen to music
 - Learning a new activity
 - Rewarding yourself for achieving goals (do NOT use food as a reward, use nonfood rewards such as a trip to the movies, new clothes or sneakers, etc)



Aerobic vs. Anaerobic Exercise

Although both of these types of exercise have their own benefits, they work best when combined in activities like tennis, or going to the Rec Center and taking advantage of all the equipment available. It is recommended that a minimum total of about 30 minutes of exercise 5x per week be done, but more is always better!

	AEROBICS/CARDIO	STRENGTH TRAINING (ANAEROBIC)
Examples	Running, walking, swimming, ice skating, biking	Weight lifting, tennis, sprinting, jump roping, hill climbing
Part of body targeted	<ul style="list-style-type: none"> Cardiovascular system – this type of exercise requires the body to need more oxygen 	<ul style="list-style-type: none"> Any muscles you are trying to target – requires no added oxygen
Type of energy use	<ul style="list-style-type: none"> Long duration of energy use – endurance type activities 	<ul style="list-style-type: none"> Short bursts of energy less than 2 minutes in duration
Equipment?	<ul style="list-style-type: none"> Can do this type of exercise without equipment, but with indoor activities the use of treadmill, elliptical, and other machines are available 	<ul style="list-style-type: none"> Free weights are often used, can also be done without equipment when doing quick energy exercises
Benefits?	<ul style="list-style-type: none"> Improves respiration and endurance, reduces risk of osteoporosis, improves circulation and reduces blood pressure 	<ul style="list-style-type: none"> Build muscle and burn fat. Can help meet weight loss goals. Speeds up metabolism and increases energy.
How much?	<ul style="list-style-type: none"> 20-30 minutes 3x per week 	<ul style="list-style-type: none"> 15-30 minutes 3x per week

NUTRITION'S ROLE IN FITNESS

Combining nutrition with exercise is a recipe for success. Proper nutrition after exercising has been shown to increase muscle recovery time and overall performance and training. So what is proper nutrition?

- Whole Grains: at least 3 cups per day– Provides fiber for satiety (feeling of fullness)
- Fruits and Vegetables: 5 to 9 servings per day– Provides natural energy, vitamins and minerals, fiber and antioxidants
- Non-fat or Low Fat Dairy: 3 servings per day– Provides calcium and vitamin D for strong bones, and has been shown to aid in weight loss efforts
- Lean Protein: 5 to 6 servings per day– Contains the amino acids your body needs to build muscle
- Healthy Fats: < 6 teaspoons per day - Focus on unsaturated fats, like those found in oils (liquid fats) and nuts, and avoid saturated fats, like those found in solid fats and fried foods.

MAKE EXERCISE A PART OF YOUR ROUTINE

Pick an exercise or activity that you enjoy doing. If you don't like to run on a treadmill then don't, it's as simple as that. There are many different activities offered through UMass that you can be a part of.

- Find an exercise buddy. Having someone to push you forward can be a big help to you both.
- Exercise can decrease your stress levels. Listen to music that you enjoy or that is soothing to you.
- Incorporate a little more each day, adding it in slowly won't seem like added effort.
- Change little things throughout your day, such as walking or biking instead of taking the bus. Little changes can make a huge difference.

CALORIES BURNED DEPEND ON BODY WEIGHT...

How many calories you burn in one hour of exercise depends on how much you weigh. Heavier people burn more calories because they simply have more weight to carry while exercising. Think of a 250 pound person exercising as someone who is 170 pounds with 80 extra pounds on them. When looking at the numbers to the left, remember that 3500 calories equals 1 pound of fat loss! So if you're trying to lose weight you need to have a deficit of 3500 calories; if you are trying to gain weight you need to take in an extra 3500 calories overall!

Activity	Activity related to calories burned per hour				
	110 lb	150 lb	190 lb	230 lb	250 lb
Running on treadmill at 7 mph at 6% incline at 8.5 min/mile	767 cal	1046 cal	1329 cal	1602 cal	1741 cal
Running on treadmill at 4 mph at 0% incline at 15 min/mile	263 cal	358 cal	455 cal	549 cal	596 cal
Moderately treading water	210 cal	286 cal	364 cal	439 cal	477 cal
Non-competitive volleyball	158 cal	215 cal	273 cal	329 cal	358 cal
Walking at 2 mph at 30 min/mile	131 cal	179 cal	228 cal	274 cal	298 cal
Walking at 4 mph at 15 min/mile	263 cal	358 cal	455 cal	549 cal	596 cal
Weight Training; light/moderate free, nautilus,	158 cal	215 cal	273 cal	329 cal	358 cal
Weight training; vigorous free, nautilus,	315 cal	430 cal	546 cal	658 cal	716 cal





Campus Recreation Center

PERSONAL FITNESS:

Within the realm of fitness the Recreation (Rec) Center offers group exercise classes, lifeguard certification, and both cardiovascular and strength training equipment for your own personal fitness, all of which are FREE. The first floor has access to showers, lockers, and bathrooms. The second floor has the basketball courts, group exercise rooms and sitting areas. The third floor has all the weight training and cardio equipment along with a running/jogging track that overlooks the basketball courts. The group exercise classes include cardio kickboxing, Pilates, Zumba and many others; there's definitely something for everyone. Yoga classes are also offered for an additional cost.

INTRAMURAL SPORTS: 24 different intramural sports, including soccer, ice hockey, ultimate frisbee, softball, and tennis.

SPORTS CLUBS: 12 different sports clubs, including fencing, volleyball, crew, baseball, lacrosse and rugby, along with many others are available.

Regardless of what you're looking for in your physical fitness, you can find it at the Rec Center. Choose something you love to do and it no longer becomes a workout but a fun part of your day! Any of the information listed along with the group exercise schedules, intramural sign up deadlines and hours of operation can be found at: www.umass.edu/campusrec

COMMON EXCUSES FOR NOT EXERCISING...

I don't have the time....

Being physically active in any way helps. Walk across campus instead of driving or taking the bus. Make exercise a priority and find the time to work it into your schedule. Forgo an hour of TV in favor of a sport or activity that you enjoy. If you enjoy it, you are more likely to continue.

I don't need to exercise....

Everyone needs to exercise! People who exercise live longer and healthier lives, warding off diseases like diabetes, cancer and heart attacks.

I don't like to exercise alone....

You don't have to. Find an exercise buddy and help each other achieve goals. Having an exercise partner will make it more enjoyable, and not feel so much like a workout.

Exercising is boring....

It can be if you are doing something you don't enjoy. So find an exercise or activity that you do enjoy. Also listening to music you enjoy while exercising can make it more fun!

Researched and compiled by Stephanie Palmer, Nutrition Major, Class of 2010, Special thanks to Michelle Smith, UMass Dietetic Intern, BS in Exercise Physiology and Caren Weiner, MS, RD at Univeristy Health Services for their input .

Winner of thirteen national awards from National Association of College and University Food Services:

"Outstanding College and University Menu for Residential Dining"

in 2000, 2001, 2002, 2004, 2005, 2006, 2007, 2008, 2009

"Most Creative Nutrition Promotion"

2003, 2004, 2006, 2008



Go to our website:

www.umassdining.com

for more specifics to improve your eating habits

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