



America on the Move

A Partnership Guide for Walking and Healthy Living



United States
Department of
Agriculture

National Institute
of Food and
Agriculture





ACKNOWLEDGEMENTS

America On the Move® (AOM) acknowledges the contributions of the National Institute of Food and Agriculture (NIFA) staff at the national, state, and local levels, as well as the AOM staff who played a very important role in the development of this guide:

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WWW.NIFA.USDA.GOV/NEA/FOOD/PART/HEALTH_PART_AOM.HTML



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INTRODUCTION

America On the Move, with NIFA, is a national program that emphasizes the commitment and dedication of NIFA and AOM to empower individuals, families, and communities to meet their needs and goals through a learning partnership and to adopt positive behaviors to improve health and quality of life. AOM inspires people to engage in fun, simple ways to become more active and eat smarter.

NIFA is an agency of the U.S. Department of Agriculture (USDA). Its mission is to advance knowledge for agriculture, the environment, human health and well-being, and communities by supporting related programs in the Land-Grant University System and other partner organizations. Through its outreach efforts, the Cooperative Extension System seeks to improve the nutrition, health, and fitness of Americans by supporting healthy food choices and physical activity.

AMERICA ON THE MOVE (AOM) PHILOSOPHY

AOM and its partners will

- Address the problem of unhealthy lifestyles in America in a positive and proactive way;
- Respect the dignity of all by inspiring healthy choices rather than emphasizing weight and appearance;
- Include the imagination, talents, and commitment of multiple stakeholders—public and private sectors will come together to address the national health crisis of overweight and obesity;
- Use effective communication guided by sound, evidence-based information to empower individuals and communities to make informed choices regarding healthy eating and active living;
- Help people understand the connection between physical activity and eating behavior and its impact on health;
- Increase the likelihood that people will adopt healthy behaviors by encouraging them to begin today—incorporate small changes into their daily routines to build confidence and motivation for continued change efforts; and
- Assure easy access for all to AOM resources and systems.

NATIONAL INSTITUTE OF FOOD AND AGRICULTURE (NIFA) PHILOSOPHY

NIFA and its partners will

- Focus on critical issues that affect people's daily lives and the nation's future;
- Empower individuals, families, and community members to make informed choices, solve problems, and improve their lives at the local level;
- Use effective communication supported by evidence-based information to promote sound human nutrition and healthy living;
- Deliver educational programs that equip individuals with the skills they need to lead positive, productive, and healthy lives;
- Foster community-based programs that will create healthy and appealing environments and increase the likelihood that people will adopt healthy behaviors;
- Bring together the collective resources of universities and communities to encourage people to change unhealthy lifestyles;
- Respect the dignity of all, regardless of size or capability, and encourage healthy eating and exercise behaviors to the extent that they are able; and
- Assure easy access to all NIFA and partner-related resources and systems.



HOW TO USE THIS GUIDE:

This AOM guide is intended for use with ongoing classes and presentations, such as Family and Consumer Education, Food Stamp Nutrition Education, Expanded Food and Nutrition Education, 4-H Youth Development, Master Gardening, Public Issues Education, and general health and wellness classes. The idea is not to take extra time and effort from staff, but to incorporate AOM programming into the existing class/presentation period, in an easy format. In this guide, you will find a curriculum with lesson plans and activities for a 6-8 week class. Some programs are delivered in a one-time only presentation. For these we have developed the AOM "short version."

COOPERATIVE EXTENSION SYSTEM (CES) EDUCATORS AS THE "ROLE MODEL"

"Inside the walls" of your office: Lead by example... your class participants look to you for advice. Get yourself and your co-workers "On the Move!"

- Get involved and register individually or as a group at www.americaonthemove.org.
- Wear a step counter and encourage your co-workers to do the same.
- Create and encourage walking breaks.
- Complete a 6-week challenge and track progress at www.americaonthemove.org.
- Post healthy eating and active living posters on your office.
- Distribute the AOM brochure to your co-workers.
- Create a healthy eating environment.
- Review the types of foods and beverages served at all your office's events and meetings and onsite in general. The more healthy choices that are provided, the more likely staff will be to consume them.
- Promote healthy potlucks or healthy food for special office celebrations.
- Set up challenges with fellow agents in other office locations.

AOM "OUTSIDE THE WALLS" OF CES: INCORPORATING AND IMPLEMENTING AOM PROGRAM IN CLASSES TO COMMUNITY

Now that you have tried the AOM program, you are ready to take it "Outside the Walls" of your office and to the community?

This 6-week curriculum is designed for classes or programs that are 6 weeks or longer. If your class is less than 6 weeks (e.g., 3 weeks long), you can tailor the program by implementing two AOM components into one session.

Educational handouts from the "Educational Materials for Reproduction" section may be copied for educational purposes. They are available in both English and Spanish.

Evaluation is a very important part of the AOM program and the partnership with NIFA, therefore we ask you to read this section very carefully.

Get started with America On the Move by making two simple changes:

- Take an extra 2,000 steps over baseline, and
- Eat smarter by consuming 100 fewer calories each day.

Thank you for making an impact on the quality of life for the individuals, families, and communities that participate.

WEEK 1

6-WEEK CURRICULUM (LONG VERSION)

TIME TO COMPLETE:
10-15 minutes

HANDOUTS:
▪ AOM Brochure
▪ Guide to Buying a Quality Step Counter

REMINDERS:
Participants should bring their step records (AOM brochure) with them to the next class so they can record their first 3 days in the data collection form.



1. Introduce participants to America On the Move

- AOM is a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. By focusing on individuals and communities, AOM strives to support healthy eating and active living habits in our society.
- The message is simple and behavior change is painless: move more and eat less by making 2 small daily changes—take 2,000 more steps over baseline (about 1 mile) and eat 100 fewer calories (by eating smarter).

2. Explain to participants how measuring steps can make you healthier

- Being more active decreases the risk of getting a major chronic disease, such as heart disease or diabetes.
- The average American adult gains 1-3 pounds each year. Being more active can help prevent this.
- Walking is a daily activity that most people do. It is a good way to increase physical activity, is not physically difficult, does not take a lot of extra time or require special equipment, and is very low cost or even free.

3. Distribute and explain the use of the step counter

- A step counter measures every step you take.

4. Tracking Progress: Record steps taken using the Step Log in the AOM brochure

- Instruct participants to wear their step counter for a minimum of 3 days in a row (preferably for 1 week), with at least one of the days being a day off (e.g., weekend, day off work).
- Put on the step counter after getting dressed in the morning and wear it all day.
- Be sure to reset the step counter at the beginning of each day.
- Record the number of steps taken at the end of each day using the Step Log in AOM brochure.
- In the log, record the date next to STEPS; record the number of steps taken on the line; place a check in the "100 Calories" box if you successfully met the challenge for the week.
- Participants should try to engage in their usual activities rather than add activity to their usual routine.

5. Explain to participants how eating smarter with 100 fewer calories a day can benefit their overall health

- Eating smarter (healthier) prevents the development of specific conditions and diseases, such as type 2 diabetes, hypertension, cancer, osteoporosis, and high cholesterol.
- Prevent weight gain.

EDUCATOR: Show how to wear the step counter and refer to AOM Brochure

Make sure the step counter is positioned correctly to ensure accuracy by following these steps:

- Clip your step counter to your waistband or belt, directly above your knee.
- Be sure it is vertical, not angled or dangling from your clothing.
- Have each participant put on his or her step counter and test for accuracy by setting the step counter to zero and then walking 50 steps.
- Check the display. If the reading is between 45 and 55, the step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check again. Other positioning options include the side of hips (this may work better with very obese) or, if unable to clip to outer clothing, clip to underwear.
- When participants have determined the proper step counter position, they are ready to begin tracking their steps.

WEEK 2

6-WEEK CURRICULUM (LONG VERSION)

TIME TO COMPLETE:

5-10 minutes

HANDOUTS:

- 100 Ways to Increase 2,000 Steps
- 100 Ways to Decrease 100 Calories
- Activities Converted to Steps
- Data Collection Long version form

REMINDERS:

- Participants should bring all handouts to each class.
- Participants should choose one thing they will do to increase steps and eat 100 fewer calories.
- Have participants write down their goals.



1. Step Counter feedback

- Ask participants for their feedback on wearing the step counter over the past week - what was it like to wear the step counter?
- What are their reactions to the number of steps they took? Were they surprised at how many or how few steps they took?

2. Calculation of baseline steps

- To calculate the average number of steps taken per day, add up the number of steps from each day and then divide that number by the number of days you recorded. This is your baseline number (see example in AOM brochure). Have participants fill out the Data Collection form and write their first 3 days in the space provided. Collect forms.
- The average American takes 5,500 steps per day. Ask the class if they would like to know the class average.

3. Setting a personal step goal

- Participants should try to increase the number of daily steps by 2,000 over their baseline.
- Every person is starting from a different point (personal baseline).
- The 2,000 step-per-day increase can be accomplished over a 1-week period or over several weeks.
- Remember that any increase, no matter how small, is a step in the right direction.

4. Have participants set goals for the next week

- Have participants write their goals for the following week.
- Number of steps to take per day (at least 2,000 more than baseline)

5. Tracking progress: Keeping a record of the number of steps you take is a great way to see the progress you make. Participants can track their progress in many ways.

- Chart in AOM brochure.
- Calendar you already use, chart you create.
- In addition to tracking steps, it may be helpful to make notes of what you did on days you had an especially high number of steps.
- Non-walking activities - Anyone doing any activity can be part of AOM! From swimming to basketball, your participants can convert almost any non-walking activity into steps. Simply by using the Activity Converted to Steps chart in the "Educational Material for Reproduction" section of this guide, participants can convert any of more than 70 activities into steps based on the amount of time they spend doing each activity.

EDUCATOR:

- Make sure you have made enough copies of each handout before the class.
- Distribute and refer to the 100 Ways to Increase 2,000 Steps handout, or have participants choose their own.
- Distribute and refer to the 100 Ways to Decrease 100 Calories handout, or have participants choose their own.

6-WEEK CURRICULUM (LONG VERSION)

WEEK 3

TIME TO COMPLETE:

5 minutes

HANDOUTS:

none

REMINDERS:

Participants should continue to track their programs and bring their tracking forms and all handouts to next class.

1. Check in with success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered while trying to meet their step goals and eating 100 fewer calories per day.

2. Have participants set goals for the next week (using the "100 Ways" handouts) or participants choose their own

- If met goal of increasing 2,000 steps/day over your baseline, keep at this new level OR you can keep adding more steps (this may be good to do if the goal is weight loss).
- If you did not yet get to the goal of increasing 2,000 steps/day over baseline, continue working at this goal.
- If you met your goal of decreasing 100 calories/day, continue OR choose a new way to decrease calories.
- If you did not yet reach your calorie or step goal, continue working toward these goals.



WEEK 4

TIME TO COMPLETE:

5 minutes

HANDOUTS:

none

REMINDERS:

Participants should continue to track their programs and bring their tracking forms and all handouts to next class.

1. Check in with success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered while trying to meet their step goals and eating 100 fewer calories/day.
- Ask participants what it is like to wear the step counter now as compared to the first week of wearing it.

2. Review and discuss tips for increasing your steps and eating 100 fewer calories/day, get new ideas from participants

- Have participants share one thing they did that helped them meet their step and eating smarter goals.
- What tips or advice would they give to other people as they start out with the step counter?
- What tips or advice would they give to others as they start eating 100 fewer calories/day?

3. Have participants set goals for the next week

- If you have met the goal of increasing 2,000 steps/day over your baseline, keep at this new level OR you can keep adding more steps (this may be good to do if goal is weight loss).
- If you did not yet get to the goal of increasing 2,000 steps/day over baseline, continue working toward this goal.
- Have participants set their goals for eating smarter. If you did not yet get to the goal, continue working toward this goal.



6-WEEK CURRICULUM (LONG VERSION)

WEEK 5

TIME TO COMPLETE:
5 minutes

HANDOUTS:
None

REMINDERS:
Participants should continue to track their programs and bring their tracking forms and all handouts to next class.

1. Check in with success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered to meeting their step goals and eating 100 fewer calories/day goals.

2. Staying motivated

- It is often easy to stay motivated when you are in a class or are with others who are trying to make the same changes as you. However, we can often lose motivation once the class ends.
- Ask participants what motivates them to move/increase activity (e.g., social time with friends, quiet time, or time with children).
- Tips for staying motivated:
 - Create new goals and write them in your schedule—even if you don't normally keep a day planner, jot down the times you'll designate for physical activity.
 - Find an "exercise buddy" or join an exercise class.
 - Get the entire family involved with physical activity.
 - Continue to set goals on a weekly basis.
 - Form a walking club or join an existing club.
- We tend to do different things in different seasons. It may be helpful to revisit your baseline steps each season.
- After a while, you may find that you will not wear your step counter all the time. However, putting it on from time-to-time can be a big motivator, especially if you feel you have "gotten off track" (e.g., after the holidays).



**IF YOUR EXTENSION CLASS IS LONGER THAN 6 WEEKS, REPEAT WEEK 5.
WHEN YOU REACH THE END OF YOUR SESSION, USE THE INFORMATION IN WEEK 6.**

WEEK 6

TIME TO COMPLETE:
5 minutes

HANDOUTS:
Data Collection
Long Version—filled out by participants in week 2

REMINDERS:
None

1. Check in with participants for success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered in meeting their step goals and eating 100 fewer calories/day goals.

2. Discuss ways to continue practicing healthy eating and active living activities as a lifestyle

- Have participants come up with their own ideas and share with the group.

3. Give participants their initial Data Collection form and have them write their last 3 days of tracking information (FROM THEIR OWN TRACKING LOG) and collect Data Collection log for the program evaluation

- EDUCATOR:** See Instructions for Class/Group data entry on p.11.



1-SESSION ONLY (SHORT VERSION)

S V

TIME TO COMPLETE:
15-20 minutes

HANDOUTS:

- AOM Brochure
- 100 Ways to Increase 2,000 Steps
- 100 Ways to Decrease 100 Calories
- Guide to Buying a Quality Step Counter
- Activities Converted to Steps

1. Introduce participants to America On the Move

- AOM is a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. By focusing on individuals and communities, AOM strives to support healthy eating and active living habits in our society.
- The message is simple: move more and eat less by making two small daily changes - take 2,000 more steps/day over baseline (about 1 mile) and eat 100 fewer calories/day (by eating smarter).

2. Explain to participants how measuring steps can make you healthier

- Being more active has been shown to decrease the risk of getting many major diseases, such as heart disease and diabetes.
- The average American adult gains 1-3 pounds each year. Being more active can help to prevent this.
- Walking is a daily activity that most people do. It is a good way to increase physical activity that is not physically difficult, does not take a lot of extra time or special equipment, and is very low cost or even free.

3. Explain to participants how eating smarter/ 100 fewer calories/day can benefit their overall health

- Eating smarter (healthier) prevents the development and complications of such conditions and diseases as type 2 diabetes, hypertension, cancer, and osteoporosis.
- Prevent weight gain.

4. Distribute and explain the use of the step counter

- A step counter measures every step you take.
- Refer to handout. Make sure it is positioned correctly to ensure accuracy.

5. Record steps taken using the Step Log in AOM Brochure

- Instruct participants to wear their step counter for a minimum of 3 days in a row (preferably for 1 week), with at least one of the days being a day off (e.g., weekend, day off work).
 - Put step counter on after getting dressed in the morning and wear it all day.
 - Be sure to reset step counter at the beginning of each day.
 - Record the number of steps taken at the end of each day using the Step Log in the AOM brochure.

- Calculation of baseline steps (refer to the AOM brochure): Add the number of your steps from each day and then divide that number by the number of days you recorded. This will be your baseline number.
- The average American takes 5,500 steps/day.
- While determining baseline, participants should try to do only their usual activity rather than add to their usual routine.

EDUCATOR: Show example of baseline calculation in AOM brochure.

EDUCATOR: Show how to wear the step counter.

- Clip your step counter to your waistband or belt, directly above your knee.
- Be sure it is vertical, not angled or dangling from your clothing.
- Have each participant put on his or her step counter and test for accuracy by setting the counter to zero and then walking 50 steps.
- Check the display. If the reading is between 45-55, the step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check again. Other positioning options include the side of hips (this may work better with the very obese) or, if unable to clip to outer clothing, clip to underwear.
- When participants have determined the proper step counter position, they are ready to begin tracking their steps.

6. Setting personal goals for moving more and eating less

- Participants should try to increase the number of daily steps by 2,000 over the baseline and eat 100 fewer calories from their daily intake.
- Every person is starting from a different point (personal baseline).
- The 2,000-step increase can be accomplished over several weeks.
- Remember that any increase, no matter how small, is a step in the right direction.
- Choose ways that will work for you for eating 100 fewer calories

7. Tracking progress

- Keeping a record of the number of steps you take is a great way to see the progress you make.
- Participants can track their progress in many ways:
 - Chart in AOM brochure
 - Online at www.americaonthemove.org
 - Calendar you already use, chart you make up, etc.
 - Get a Step Counter (Pedometer)

ADDITIONAL INFORMATION

Special populations/Special situations

Is important to consider special needs of participants, including:

- **Participants with mobility problems:**
Assure participants that any activity can be converted into steps.
- **Participants who can't write or read:**
Make sure you or someone from the group can assist him/her in any activity that includes writing. Read aloud the forms/tips to which you are referring. If time allows, spend a few minutes with the participant after class to go over the main points.
- **Language barrier:**
If a participant's primarily language is other than English or Spanish, plan to have a translator available.
- **Seniors:**
Make sure you mention special considerations when starting any physical activity. If participants have any specific health concerns, they should check with their healthcare professional before starting the AOM program.

Activity Ideas

- During check-in, have participants get up and walk in place for a few minutes while sharing successes and barriers to achieving goals.
- If class has a "break" and weather permits it, take participants for a short walk.
- If class does not include a nutrition segment and the facility permits it – bring healthy snacks to share during class (e.g., cut up vegetables or fruit).

Step Counters:

Additional step counters may be purchased online, at www.americaonthemove.org, or at sporting goods stores.

EVALUATION

Evaluation is a very important component. The Class Information forms should be completed for both the long and short version classes. Class Information forms and instructions are included in the Educational Materials for Reproduction section in this guide.

If the class is conducted in more than two sessions

Use Data Collection (LONG VERSION) for participants to complete in Week 2 and to record their last 3 days of steps the last week of the class. This form contains:

- Name, Date, and Location of Class
- Name of Participant
- Gender, Age, and Ethnicity
- Average Steps - First 3 Days Baseline
- Average Steps - Last 3 Days
- Zip Code

Evaluation using the online USDA extension database

- Created specifically for extension county agents and educators to collect and retrieve participant data
- Format is based on the form provided in this guide
- Features include collection, storage, and retrieval of participant information at the county and state levels
- Available to educators and agents working in extension-based walking and physical activity programs in states supporting the database partnership. To find out if your county or state is participating, contact your Family and Consumer Program director or leader. For database partnership information, contact Shirley Gerrior at sgerrior@nifa.usda.gov.

If the class is conducted in a "one time only" session

No data collection or online entry is required.

TRACKING OF PARTICIPANT INFORMATION USING THE ONLINE USDA EXTENSION DATABASE:

- Created specifically for extension county agents and educators to collect and retrieve participant data
- Format is based on the form provided in this guide

- Features include collection, storage, and retrieval of participant information at the county and state levels
- Available to educators and agents working in extension-based walking and physical activity programs in states supporting the database partnership.

To find out if your county or state is participating, contact your Family and Consumer Program director or leader. For database partnership information, contact Shirley Gerrior at sgerrior@nifa.usda.gov.

GUIDE TO BUYING A QUALITY STEP COUNTER*

Step Counters, also known as pedometers, are a good tool for participants

- to find out about their current activity
 - to get started with monitoring and increasing physical activity
 - to set personal goals
 - to motivate and remind themselves to increase and/or maintain increased activity

What is a “good” step counter?

What should be considered when you decide to buy one?

People who have participated in the America On the Move program report that step counters need to be:

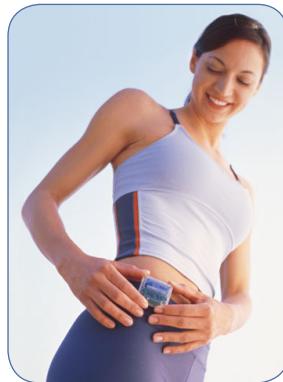
- accurate
 - durable
 - reliable
 - easy to use

Effective step counters have to be

- **Simple** - no need for individual calibration or added features; a single button is best!
 - **Inexpensive** - the price of a good quality step counter can vary between \$10 and \$30. Occasionally, there are reviews of current step counter models in consumer journals or online.
 - **Secure** - step counters can and do fall off! Buying one with a "leash" for additional fastening to clothing will suffice.

People need to have hands-on training in how to use a step counter, so be prepared to answer the following questions

- How and where to put the step counter and placement to ensure a truly vertical position
 - How to know if it is correctly measuring steps through time
 - Alternative accurate placement locations for overweight people or people with clothing constraints (such as dresses or waistlines that are already “full” of other work-related items such as cell phones or beepers)
 - For seniors, it is wise to purchase step counters with a larger face and easy-to-read numbers.



QUICK TIPS: USING A STEP COUNTER

Your step counter measures every step you take. Take a moment to ensure accuracy by following these suggestions:

1 Clip your step counter to your waist band or belt directly above your knee.

2 Be sure it is horizontal to the ground, not angled or dangling from your clothing.

3 Test for accuracy by setting the step counter to 0 and walking 50 steps.

4 Check the display. If the reading is between 45-55, your step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check it again.

* American On the Move step counters can be purchased at www.americaonthemove.org. Please note, America on the Move does not recommend one model over another.

ACTIVITY CONVERTED TO STEPS / ADULTS

ACTIVITY	STEPS PER MINUTE: WOMEN MEN	
Aerobic dancing (<i>low impact</i>)	142	127
Aerobics (<i>high impact</i>)	189	181
Aerobics step (6-8 inch step)	236	218
Aerobics step (10-12 inch step)	260	254
Backpacking (on hill w/ under 10 lb load)	189	181
Backpacking (on hill w/ 10-20 lb load)	212	199
Ballet Dancing	118	127
Baseball	142	127
Basketball (<i>leisurely, non-game</i>)	165	127
Basketball (<i>game</i>)	212	145
Basketball (<i>playing in wheelchair</i>)	165	163
Bicycling	212	199
Bicycling (BMX or mountain)	236	218
Bicycling - Stationary (<i>general</i>)	189	181
Bicycling - Stationary (<i>light</i>)	142	145
Bicycling - Stationary (<i>moderate</i>)	189	181
Bicycling - Stationary (<i>vigorous</i>)	283	254
Bowling	71	73
Canoeing	94	91
Chopping Wood	165	145
Circuit Training (<i>general</i>)	212	199
Dancing Ballroom (<i>slow</i>)	71	73
Dancing Ballroom (<i>fast</i>)	118	109
Dancing Country	118	109
Dancing Disco	118	109
Dancing Line	118	109
Dancing Square	118	109
Dancing Swing	118	109
Elliptical Jogger (<i>medium</i>)	236	218
Football Tackle	236	218
Football Touch	212	199
Gardening (<i>heavy</i>)	142	145
Gardening (<i>moderate</i>)	118	109
Golf (<i>general</i>)	118	109
Golfing (<i>riding in cart</i>)	94	91
Horseshoes	71	73
Ice Skating (<i>leisurely</i>)	189	181



ACTIVITY	STEPS PER MINUTE: WOMEN MEN	
In-line skating	200	190
Jogging (<i>general</i>)	189	181
Jogging (<i>in water</i>)	212	199
Judo and Karate	260	254
Jumping Rope (<i>slow</i>)	212	199
Jumping Rope (<i>moderate</i>)	260	254
Jumping Rope (<i>fast</i>)	330	290
Kick Boxing (<i>moderate</i>)	330	290
Kick Boxing (<i>vigorous</i>)	401	363
Kick Boxing (<i>very vigorous</i>)	472	435
Mowing	142	127
Pilates	94	91
Racquetball (<i>casual</i>)	189	181
Racquetball (<i>competitive</i>)	260	254
Rowing	189	181
Running 08 mph (7.5 min/mile)	354	326
Running 10 mph (6 min/mile)	425	399
Scrubbing Floors	94	91
Shoveling Snow	165	145
Skiing Cross-country	212	181
Skiing Downhill (<i>moderate to steep</i>)	165	145
Snowshoeing	212	199
Soccer (<i>casual</i>)	189	181
Soccer (<i>competitive</i>)	260	254
Stair Climber Machine	236	218
Stair Climbing (<i>down stairs</i>)	71	73
Stair Climbing (<i>upstairs</i>)	212	199
Swimming backstroke	189	181
Swimming breaststroke	260	254
Swimming butterfly	283	272
Swimming freestyle	189	181
Swimming pleasure	165	145
Swimming sidestroke	212	199
Tennis (<i>doubles</i>)	165	145
Tennis (<i>singles</i>)	212	199
Vacuuming	94	73
Volleyball	118	91
Walking	94	91
Washing the car	71	73
Waterskiing	165	145
Waxing the car	118	109
Weight lifting	71	73
Wrestling	165	145
Yoga	71	54



Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy you burn and food you consume each day. To stop weight gain, most Americans need to do just two simple things: add 2,000 more steps each day, and eat 100 fewer calories daily. Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up to 100 reduced calories, or even more! Just make small changes each day and you'll see how easy it can be to achieve energy balance.

100 WAYS TO CUT 100 Calories*

BREAKFAST

Give your day a healthy start with these breakfast tips:

- 1 Select nonfat or 1 percent milk instead of whole milk
- 2 Use a small glass for your juice and a small bowl for your cereal
- 3 Savor a bowl of bananas, berries, low-fat milk, and sugar substitute instead of a sweet roll
- 4 Choose light yogurt made with non-calorie sweetener
- 5 Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
- 6 Substitute a non-calorie sweetener for sugar in your coffee, tea, and cereal
- 7 Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs

8 Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular cream cheese

9 Substitute no-sugar-added jelly or jam for the sugar-rich varieties

10 Select lean ham or Canadian bacon in place of regular sausage or bacon

11 Fill your omelet with onion, peppers, spinach, and mushroom instead of cheese and meat

12 Lighten up your omelet, frittata, or scrambled eggs by using 4 egg whites or $\frac{1}{2}$ cup egg substitute

LUNCH/DINNER

Try these ideas for lighter lunches and downsized dinners:

13 Make your sandwich with light, whole-wheat bread

14 Customize spaghetti sauce with fresh zucchini, green peppers, mushrooms, and onions instead of adding meat

15 Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese

16 Prepare tuna or chicken salad with fat-free mayonnaise

17 Grill your sandwich using nonstick cooking spray instead of butter

18 Stuff a pita pocket with more fresh vegetables, and less meat and cheese

19 Pick water-packed tuna instead of tuna packed in oil

20 Select a portion-controlled frozen entrée in place of a burger and fries

21 Trade regular butter for light whipped or low-calorie butter substitute

22 Make a pizza with half the cheese

23 Select soft taco-size (6-8 inch) flour tortillas instead of the larger burrito-size tortillas

24 Substitute fat-free sour cream in recipes

25 Choose 1 percent cottage cheese in place of regular

26 Skim the fat off soups, stews, and sauces before serving

27 Leave 3-4 bites on your plate

28 Substitute 2 tablespoons reduced-calorie salad dressing for regular

29 Choose a low-calorie frozen grilled sandwich or Panini to replace a butter rich grilled cheese

30 Trim all fat from beef, pork, and chicken

31 Enjoy your salad without the croutons

32 Bake, broil, or grill chicken and fish rather than frying

33 Choose 3 to 4-ounce meat portions (the size of a deck of cards)

34 Remove the skin from chicken

35 Reduce cooked rice and pasta by $\frac{1}{2}$ cup

36 Grill portobello mushrooms as a main or side dish in place of meat

37 Use 1 tablespoon less butter, margarine, or oil in your recipe

38 Reduce the amount of cheese in casseroles and appetizers

39 Season steamed vegetables with fresh lemon and herbs instead of butter

40 Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil when stovetop cooking

41 Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta, and stuffing

42 Eat slowly to make your meal last and reduce your urge for second helpings

43 Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion

DESSERTS

You don't have to eliminate desserts to cut 100 daily calories; instead, try these ideas:

44 Make your own root beer float with sugar-free root beer and sugar-free, fat-free ice cream

45 Freeze blended fresh fruit into a sorbet for a refreshing dessert

46 Leave the cone at the counter; have a single dip ice cream scoop in a cup

47 Choose your piece of sheet cake from the middle, where there's less icing

48 Top angel food cake with berries rather than icing or chocolate sauce

49 Cut a half slice of cake or pie

50 Dish up slow-churned reduced-calorie ice cream in place of regular ice cream

51 Enjoy a dish of fresh fruit in season instead of custard or pudding

52 Choose apple, peach, or blueberry over pecan or cream pie

53 Follow the low-fat directions when preparing brownie, cake, and cookie mixes

54 Share your dessert with someone else

55 Select a cupcake rather than a standard slice of cake

56 Substitute half the oil in a recipe with applesauce when baking

BEVERAGES

Try these lower calorie thirst quenchers:

57 Substitute diet soda for regular soda

58 Pay attention to service sizes, some cans and bottles contain two or more servings

59 Prepare hot chocolate and instant breakfast drinks with skim milk instead of whole milk

60 Quench your thirst with bottled water or diet iced tea instead of soda from the vending machine

61 Opt for the small or medium drink instead of large

62 Add lemon juice to ice cubes to flavor your water

63 Have 1 cup of low-fat (1 percent) chocolate milk instead of whole milk with chocolate syrup

64 Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water

65 Drink light beer—limit yourself to one or two — instead of regular

66 Request diet mixers (cola, tonic water, ginger ale)

67 Choose no-sugar-added fruit juices

68 Choose light beer or wine instead of frozen or fruit-based alcoholic drinks

69 Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup

SNACKS

Curb your hunger with these healthy snack ideas:

70 Freeze grapes or watermelon wedges for a popsicle-like treat

71 Blend a smoothie made from nonfat yogurt, skim milk and fresh fruit instead of ice cream

72 Choose 4 ounces of sugar-free yogurt in place of an 8-ounce container

73 Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag

74 Try raw vegetables instead of tortilla chips with salsa

75 Try baked chips in place of the regular variety

76 Enjoy canned fruit packed in water or its natural juice instead of heavy syrup

77 Pick a small piece of fruit (apple, peach, orange) the size of a tennis ball, or eat just half of a bigger piece of fruit

78 Replace cookies with cubed and whole fresh fruit kabobs

79 Be dip savvy: Dip apples in low-fat caramel, celery in fat-free cream cheese, carrots in fat-free ranch dressing and fruit in yogurt

80 Try $\frac{1}{2}$ cup fresh fruit in place of $\frac{1}{2}$ cup dried fruit

81 Eat just 1 of the granola/snack bars in the package and share the other or save it for later

82 Have 1 less handful of mixed nuts

83 Satisfy your chocolate craving by opting for 1 small "fun size" candy bar

DINING OUT
Whether you're whipping through a drive thru or going out for a special occasion, try these calorie-cutting ideas when dining out:

84 Munch on a small bag of microwave popcorn with no added butter

85 In place of a chocolate bar select a sugar-free, fat free chocolate pudding

86 Ask for the bread basket to be removed from the table as you sit down

87 Ask for a cup of soup rather than a bowl

88 Select minestrone or other broth-based soups over cream-based soups

89 Skip the super-size promotions

90 Order a vinaigrette dressing rather than a mayonnaise based dressing

91 Ask for croutons to be removed from your salad

92 Try a low calorie frozen pizza instead of your usual take-out

93 Substitute steamed vegetables for the potato, rice, or pasta side dish

94 Select an appetizer as your main dish; add soup, salad, or vegetable side dish

95 Skip the free chips with your sandwich or sub order

96 Ask for a half-portion or don't eat everything on your plate

97 Use fresh lemon to season fish instead of tartar sauce

98 Choose a side salad instead of fries when order fast food

99 Select grilled chicken in place of breaded and fried

100 Ask for sauce and salad dressing on the side; eat enough to enjoy the flavor, but leave most of it behind



It's not just what we eat that's important, but how we use the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn through physical activity, you can enjoy an occasional treat and still avoid weight gain. By walking an extra 2,000 steps and reducing 100 calories each day, you'll see how easy it is to achieve the energy balance that can stop weight gain. Small changes in your daily activity will quickly add up 2,000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas.

100 WAYS TO ADD 2,000 Steps*

AT HOME Household chores, neighborhood walks, and errands are great opportunities for adding steps. Try these ideas for increasing your walking:

- 1 Circle around the block once when you go outside to get your mail
- 2 Walk around the outside aisles of the grocery store before shopping
- 3 Drive or walk to a nearby high school and go around the track: 4 laps equal approximately 2,000 steps

4 MAKE SEVERAL TRIPS UP AND DOWN THE STAIRS TO DO LAUNDRY OR OTHER HOUSEHOLD CHORES



4

- 5 Pass by the drive-thru window and walk into the bank or restaurant
- 6 Stroll the halls while waiting for your doctor's appointment
- 7 Listen to music or books on tape while walking
- 8 Invite friends or family members to join you for a walk

9 MOW THE LAWN



- 10 Accompany your children on their walk to school
- 11 Take your dog for a walk
- 12 Start a walking club in your community
- 13 Walk to a nearby store, post office, or dry cleaners to accomplish errands
- 14 Catch up on the day's events with your spouse and children on an after-dinner walk
- 15 Walk to your place of worship for services
- 16 Pace around your house while talking on the phone
- 17 Buy a walking video so you can get in your steps on rainy days
- 18 Experience the splendor of a sunrise on an early morning walk
- 19 Spur your imagination by observing your neighbor's landscaping and gardens while you walk — incorporate ideas from your favorites in your own yard
- 20 Walk to a friend's house for a visit

21 Try "retro walking;" walking backwards distributes your weight more evenly (be sure you're in a safe area and are aware of your surroundings)

22 Focus on walking distance over speed — it's better to get in more steps at a comfortable pace than to burn out quickly

23 Keep a walking journal in addition to tracking steps; jot down how you feel after returning from a walk — enhanced energy is a great motivator

24 Walk on a treadmill on rainy days or when it's too dark to walk outside

25 March in place while watching your favorite TV show

26 PUT YOUR GROCERY CART BACK IN THE STORE AFTER YOU UNLOAD PURCHASES

27 Boost the results of your walk by using trekking poles

28 Benefit a good cause by joining a charity walk

29 Sleep more soundly at night by taking a walk a few hours before you go to bed

AT WORK Adding steps to your workday can help you reduce stress and stay alert. Try these ideas:

30 Go for a walk before starting your morning commute; you'll energize yourself for the day

31 Exit the bus one or two stops early and walk the remainder of the way

32 Walk to work if you live close enough

33 Refill your coffee cup at the machine farthest

from your workstation

34 Visit the restroom on the far side of the building

35 Hold a meeting while you go for a walk

36 Designate 10 minutes of your lunch break to a quick walk

37 Avoid elevators and escalators — take the stairs instead

38 Park in the far reaches of the parking lot

39 Escape the stress of a difficult day by excusing yourself for a few minutes of walking

40 Walk to a nearby store to buy a treat for your co-workers

41 Start an office walking club

42 Ask co-workers to join you on a before- or after-work walk

43 Walk to co-workers desks to speak to them instead of sending an e-mail

44 Create a step competition with fellow employees — see who can get the most steps in a day

45 Encourage your co-workers



26

to join you on walks during breaks **46** Climb the stairs or stroll the sidewalks for a few minutes at the end of your shift **47** Shake off the effects of your evening commute by walking before dinner **48** Walk around the campus of a nearby university or college **AT PLAY** Whether your leisure time is specifically for physical activity or not, there are plenty of ways to add more steps. Try these ideas:

52



49 Window shop while you pace through a shopping mall **50** Take the long route when browsing at a shopping center — don't visit the stores sequentially **51** Join a water walking class; the natural resistance of the water strengthens muscles **52 TOUR A MUSEUM, ZOO, OR NATURE PRESERVE**

53 Circle around a swap meet or craft show before selecting your purchases **54** Strap a length of masking tape

around your child's waist (sticky side out) so they can gather pretty leaves during the spring, summer, and fall **55** Vary your pace when walking, start out slowly then increase your speed, include short bursts of speed walking, then cool down with a slower pace at the end of your walk **56** Sign up for a community 5K or 10K walking/running event **57** Hike on a wilderness trail **58** Take up photography — walk through a scenic location on a hunt for photo opportunities **59** Drive to a new walking trail and explore the different scenery **60** Contact your local visitor's bureau or historical society and sign up for a walking tour

61 VOLUNTEER TO WALK DOGS

61



FOR AN ANIMAL SHELTER **62** Organize a community clean-up day and designate areas of the neighborhood for teams to walk through and remove debris as they go **63** Meet a friend at a restaurant you can walk to **64** Seek out bargains by walking through your neighborhood looking for garage/yard sales **65** Explore nature by keeping a field guide handy when walking **66** Skim the newspaper for upcoming events you can walk to, such as a garden tour, high school

play, or a concert in the park **67** Walk around the restaurant or parking lot while waiting to be seated

68 Drive to a neighboring community and tour its main street on foot **69** Watch for birds while walking, especially during the fall migration **70** Take a step aerobics class **71** Spend a day at the beach and walk the shoreline **72** Take a class in judo or karate **73** Reward yourself for step accomplishments — for example, every time you reach your step goal for the day, put a dollar in a jar and save for a special reward **74** Get lost in a corn maze (many are available

during autumn months) **75** Entice your kids to join you by turning a walk into

a scavenger hunt **76** Stroll around the field while watching your child's sporting event

77 Play a round of golf, but pass on the cart **78** Instead of talking on the phone with a friend, meet for a walk and talk **79** Walk with your kids to the local park **80** Sign up for a water aerobics class **VARIETY IS THE SPICE OF LIFE** Other activities can count

toward your daily steps; here are some ideas for adding "steps" through minutes spent in other physical activities: **81** Join a beach or indoor volleyball team or softball **82** Play America's favorite pastime — baseball

83 Hit the tennis courts **84 DANCE THE NIGHT AWAY AT A CLUB** **85** Don't forget the household activities, such as scrubbing floors and vacuuming **86** Paddle away calories on a raft, kayak, or canoe trip **87** Tour a local trail by bike

88 Ice skate at a local ice rink **89** Try in-line skating through your neighborhood **90** Try downhill skiing; swoosh down the slopes **91 WEED, HOE, RAKE, AND PRUNE—GARDENING IS AN EVERYDAY WAY TO BE MORE ACTIVE**

92 Snowshoe over hills and drifts in the colder months **93** Enjoy the calm of nature while cross country skiing on a trail **94** Swim laps in a pool — vary your stroke for the best results **95** Dive into a lake, river, or ocean for some summertime fun **96** Join

a Tai Chi or Yoga class for flexibility and relaxation **97** Sign up for an aerobics session **98** Water-ski over the waves **99** Reverse your walking routine — start in the direction from which you usually end

100 RIDE YOUR BIKE TO ACCOMPLISH ERRANDS, SUCH AS

GOING TO THE LIBRARY OR DEPOSITING YOUR PAYCHECK

91



100



GUÍA PARA COMPRAR UN CONTADOR DE PASOS DE CALIDAD

Los contadores de pasos, también conocidos como podómetros, constituyen una buena herramienta para los participantes

- para darse cuenta de su actividad actual
 - para comenzar a supervisar e incrementar su actividad física
 - para establecer metas personales
 - para motivarse y recordarse a ellos mismos el aumentar o mantener la actividad incrementada

¿Cuál sería un “buen” contador de pasos

¿Qué hay que tomar en cuenta cuando usted decide comprar uno?

Las personas que han participado en el programa America On the Move reportan que los contadores de pasos deben ser:

- exactos
- durables
- confiables

- exactos
 - durables
 - confiables
 - fáciles de usar

Los contadores de pasos eficaces deben ser

- **Sencillos:** no hay necesidad de una calibración individual ni de características adicionales; lo mejor es un solo botón!
 - **Económico:** el precio de un contador de pasos de buena calidad puede oscilar entre \$10 y \$30. De vez en cuando, aparecen críticas sobre los modelos de contadores de pasos actuales en las publicaciones para los consumidores o en línea.

- **Seguros:** los contadores de pasos pueden caerse y se caen! Será suficiente con comprar uno con una correa para sujetarlo complementariamente a la ropa.

Las personas necesitan un entrenamiento práctico sobre cómo usar un contador de pasos, así es que prepárese para responder a las siguientes preguntas

- Cómo y dónde poner el contador de pasos y cómo colocarlo para asegurar una verdadera posición vertical
 - Cómo saber si está midiendo correctamente los pasos a lo largo del tiempo
 - Las ubicaciones alternativas para colocarlo acertadamente para las personas con sobrepeso o las personas con restricciones en su ropa (tales como vestidos o cinturas que ya están "llenas" de otros artículos relacionados al trabajo, tales como teléfonos celulares o localizadores)
 - Para los adultos mayores, es sabio comprar contadores de pasos con una carátula más grande y números fáciles de leer.



CONSEJOS RÁPIDOS: EL USO DE UN CONTADOR DE PASOS

Su contador de pasos mide cada paso que usted da. Deténgase un momento para asegurar su exactitud siguiendo las siguientes sugerencias.

1 Sujete su contador de pasos en la cintura o cincho directamente arriba de la rodilla.

2 Asegúrese que esté horizontal con respecto al piso, no torcido ni colgando de su ropa.

3 Verifique su exactitud al fijar el contador de pasos a 0 y caminar 50 pasos.

4 Verifique el despliegue. Si la lectura está entre 45 y 55, su contador de pasos está funcionando correctamente. Si lee más o menos, posicione de nuevo el contador en su cintura y revíselo de nuevo.

ACTIVIDADES CONVERTIDAS A PASOS

ACTIVIDAD	PASOS POR MINUTO:	
	MUJERES	HOMBRES
Baile aeróbico (<i>bajo impacto</i>)	142	127
Aeróbicos (<i>alto impacto</i>)	189	181
Step aeróbico (<i>grada de 6 a 8 pulgadas</i>)	236	218
Step aeróbico (<i>grada de 10 a 12 pulgadas</i>)	260	254
Subir colina (<i>con mochila, carga menor a 10 lbs</i>)	189	181
Subir colina (<i>con mochila, carga de 10 a 20 lbs</i>)	212	199
Baile de Ballet	118	12
Béisbol	142	127
Básquetbol (<i>por diversión, no un partido</i>)	165	127
Básquetbol (<i>un partido</i>)	212	145
Básquetbol (<i>juego en silla de ruedas</i>)	165	163
Bicicleta	212	199
Bicicleta (<i>BMX o de montaña</i>)	236	218
Bicicleta - Estacionaria (<i>general</i>)	189	181
Bicicleta - Estacionaria (<i>liviana</i>)	142	145
Bicicleta - Estacionaria (<i>moderada</i>)	189	181
Bicicleta - Estacionaria (<i>vigorosa</i>)	283	254
Boliche	71	73
Canotaje	94	91
Cortar leña	165	145
Entrenamiento en circuito (<i>general</i>)	212	199
Baile de salón (<i>lento</i>)	71	73
Baile de salón (<i>rápido</i>)	118	109
Baile (<i>estilo Country</i>)	118	109
Baile (<i>estilo Disco</i>)	118	109
Línea de baile	118	109
Baile (<i>estilo Square</i>)	118	109
Baile (<i>estilo Swing</i>)	118	109
Corredor elíptico (<i>liviano</i>)	236	218
Fútbol americano (<i>Tackle</i>)	236	218
Fútbol americano (<i>Touch</i>)	212	199
Jardinería (<i>trabajo pesado</i>)	142	145
Jardinería (<i>trabajo moderado</i>)	118	109
Golf (<i>general</i>)	118	109
Golf (<i>conduciendo un carrito</i>)	94	91
Herraduras	71	73
Patinaje sobre hielo (<i>por diversión</i>)	189	181



ACTIVIDAD	PASOS POR MINUTO:	
	MUJERES	HOMBRES
Patinaje sobre ruedas en línea	200	190
Correr (<i>general</i>)	189	181
Correr (<i>en el agua</i>)	212	199
Judo y Karate	260	254
Saltar cuerda (<i>lento</i>)	212	199
Saltar cuerda (<i>moderado</i>)	260	254
Saltar cuerda (<i>rápido</i>)	330	290
Boxeo tailandés (<i>moderado</i>)	330	290
Boxeo tailandés (<i>vigoroso</i>)	401	363
Boxeo tailandés (<i>muy vigoroso</i>)	472	435
Podar el césped	142	127
Pilates	94	91
Raquetbol (<i>casual</i>)	189	181
Raquetbol (<i>competitivo</i>)	260	254
Remo	189	181
Correr 08 mph (7.5 min/milla)	354	326
Correr 10 mph (6 min/milla)	425	399
Fregar pisos	94	91
Palear nieve	165	145
Esquiar a campo traviesa	212	181
Esquiar en la montaña (<i>inclinación moderada a pronunciada</i>)	165	145
Esquiar con zapatos de nieve	212	199
Fútbol (<i>casual</i>)	189	181
Fútbol (<i>competitivo</i>)	260	254
Máquina para subir gradas	236	218
Bajar gradas	71	73
Subir gradas	212	199
Natación estilo dorso	189	181
Natación estilo pecho	260	254
Natación estilo mariposa	283	272
Natación estilo libre	189	181
Natación por diversión	165	145
Natación de costado	212	199
Tenis (<i>dobles</i>)	165	145
Tenis (<i>individual</i>)	212	199
Aspirar la casa	94	73
Voleibol	118	91
Caminar	94	91
Lavar el auto	71	73
Esquiar en el agua	165	145
Encerar el auto	118	109
Levantar pesas	71	73
Lucha	165	145
Yoga	71	54



El mantener un peso saludable depende de alcanzar un equilibrio energético. Éste se logra al balancear la cantidad de energía que usted quema y los alimentos que consumió cada día. Para detener su aumento de peso, la mayoría de norteamericanos solamente necesita hacer dos cosas sencillas: Caminar 2,000 pasos más cada día y consumir diariamente 100 calorías menos. • El hacer pequeños cambios en los tipos de alimentos que usted consume y en los tamaños de las porciones que elige le permitirán llegar rápidamente a reducir las 100 calorías io aún más! Sencillamente efectúe pequeños cambios cada día y verá qué tan fácil puede ser lograr un equilibrio energético.

100 MANERAS DE CORTAR 100 Calorías*

DESAYUNO

Brinde a su día un comienzo saludable con estos consejos para el desayuno:

1 Elija leche descremada o con 1 por ciento de grasa en vez de leche entera

2 Utilice un vaso pequeño para su jugo y un tazón pequeño para su cereal

3 Saboree un tazón de bananas, bayas (fresas, frambuesas y moras), leche baja en grasa y un edulcorante artificial en vez de un panecillo dulce

4 Elija un yogur liviano hecho con un edulcorante sin calorías

5 Comparta un bagel con alguien más, o guarde la mitad para el desayuno de mañana

6 En vez de endulzar su café, té o cereal con azúcar, utilice un edulcorante sin calorías

7 Para preparar los huevos, utilice un sartén antiadherente y aerosol para cocinar en vez de mantequilla o margarina

8 Unte su panecillo, bagel o tostada con dos cucharadas de queso crema sin grasa en vez del queso crema habitual

9 En vez de consumir jalea o mermelada endulzada con azúcar, sustitúyala por las variedades que no contienen azúcar

10 En vez de una salchicha o el tocino habitual, elija jamón o tocino canadiense magro

11 En vez de utilizar queso y carne, rellene su tortilla de huevos con cebolla, pimientos, espinaca y hongos

12 Haga más liviana su tortilla de huevos, tortilla al estilo italiano o los huevos revueltos, empleando 4 claras de huevo o media taza de substituto de huevo

ALMUERZO/CENA
Pruebe estas ideas para tener almuerzos más livianos y cenas más pequeñas:

13 Haga su sandwich con pan integral liviano

14 Adapte su salsa de espagueti, y en vez de agregarle carne, emplee calabacines, pimientos verdes, hongos y cebollas

15 Ponga lechuga, tomate, cebollas y pepinillos en su hamburguesa o sándwich en vez de queso

16 Prepare una ensalada de atún o pollo con mayonesa hecha sin grasa

17 Dore su sándwich utilizando aerosol antiadherente para cocinar en vez de mantequilla

18 Rellene un pan pita con más vegetales frescos y menos carne y queso

19 Elija atún empacado con agua en vez de aceite

20 Elija un plato de entrada congelado, con un tamaño de porción bajo control, en vez de una hamburguesa y papas fritas

21 Cambie la mantequilla habitual por un substituto liviano batido o bajo en calorías

22 Haga una pizza con la mitad del queso

23 Elija las tortillas suaves de harina del tamaño de un taco (6 a 8 pulgadas) en vez de las más grandes para hacer burritos

24 Utilice crema agria sin grasa en las recetas

25 Elija queso blanco grumoso (cottage) con 1 por ciento de grasa en vez del habitual

26 Elimine la grasa que flota por encima de las sopas, guisados y salsas antes de servirlos

27 Deje de 3 a 4 bocados en su plato

28 En vez del aderezo habitual para la ensalada, sustitúyalo por 2 cucharadas de aderezo bajo en calorías

29 Elija un sándwich congelado bajo en calorías, hecho a la parrilla, o un Panini para sustituir un sándwich de queso frito en mantequilla

30 Elimine toda la grasa de la carne de res, marrano y pollo

31 Disfrute de su ensalada sin los cubitos de pan fritos

32 Hornee o haga a la parrilla el pollo y el pescado en vez de freírlos

33 Elija porciones de carne de 3 a 4 onzas (del tamaño de un juego de barajas)

34 Quitele el pellejo al pollo

35 Disminuya media taza del arroz cocido y la pasta

36 En vez de carne, ponga a asar hongos Portobello como plato principal o garnición

37 Utilice una cuchara menor de mantequilla, margarina o aceite en su receta

38 Disminuya la cantidad de queso en los guisados y entremeses

39 Sazone los vegetales al vapor con limón y hierbas en vez de mantequilla

40 Utilice aerosol para cocinar y utensilios antiadherentes en vez de mantequilla, margarina o aceite cuando cocine en la estufa

41 Omita o use la mitad de la mantequilla, margarina o aceite que llevan los macarrones con queso, el arroz, la pasta y el relleno para aves

42 Coma despacio para que su comida se prolongue y disminuya su deseo de servirse de nuevo

43 Satisfaga su gusto por lo dulce con una rodaja delgada, un bocado o una probadita de postre en vez de una porción completa

POSTRES

No tiene que eliminar los postres para cortar 100 calorías diarias; en lugar de eso, pruebe estas ideas:

44 Haga su propio batido de root beer (cerveza de raíz) empleando un refresco sin azúcar y helado sin azúcar y sin grasa

45 Congele la fruta fresca licuada para hacer un sorbete y disfrute de un postre refrescante

46 Pida una bola de helado en un vasito y deje el cono en el mostrador

47 Elija su porción del pastel de la parte del centro, donde hay menos glaseado

48 Adorne un pastel liviano con bayas en vez de glaseado o salsa de chocolate

49 Corte media rodaja de pastel o tarta

50 En vez del helado habitual, sirva el helado fabricado con batido lento ("slow-churned") que es más bajo en calorías

51 Disfrute un plato de fruta fresca de la temporada en vez de flan o pudín

52 Elija manzanas, melocotones o arándanos en vez de una tarta de pecanas o una tarta cremosa

53 Siga las instrucciones para preparar con menos grasa las mezclas para hacer bizcocho de chocolate, pastel o galletitas

54 Comparta su postre con alguien más

55 Seleccione un pastelito individual en vez de una rodaja de pastel de tamaño estándar

56 Al hornear una receta, sustituya la mitad del aceite con puré de manzana

BEBIDAS

Pruebe estas alternativas más bajas en calorías para quitarse la sed:

57 Tome una gaseosa de dieta en vez de una gaseosa normal

58 Ponga atención al tamaño de las porciones, ya que algunas latas y botellas contienen dos o más porciones

59 Prepare el chocolate caliente y las bebidas instantáneas para el desayuno con leche descremada en vez de leche entera

60 Satisfaga su sed con agua embotellada o té frío dietético en vez de gaseosa de la máquina dispensadora de bebidas

61 Opte por la bebida pequeña o mediana en vez de la grande

62 Agregue zumo de limón a los cubitos de hielo para agregarle sabor a su agua pura

63 Beba 1 taza de leche chocolateada baja en grasa (1 por ciento) en vez de leche entera con sirope de chocolate

64 Sustituya sencillamente solo 8 onzas de bebida gaseosa, jugo de frutas o bebida de frutas por agua pura

65 Beba cerveza dietética, limitándose a 1 ó 2, en vez de la cerveza habitual

66 Elija los mezcladores dietéticos (cola, agua tónica, gaseosa de jengibre)

67 Elija jugos de fruta sin azúcar

68 Elija cerveza dietética o vino en vez de bebidas alcohólicas congeladas o a base de frutas

69 Pida leche sin grasa y la mitad del azúcar o de sirope saborizado para hacer su bebida favorita de café más liviana

BOCADILLOS

Satisfaga su hambre con estas ideas para hacer bocadillos saludables:

70 Congele uvas o rodajas de sandía para obtener un placer similar al de un sorbete

71 Licue un batido hecho de yogur sin grasa, leche descremada y frutas frescas en vez de helado

72 Elija un envase de 4 onzas de yogur sin azúcar en lugar de un envase de 8 onzas

73 Controle sus porciones al servirse en un tazón las rosquillas saladas (pretzels) o las papalinas en vez de comer directamente de la bolsa

74 Pruebe comer vegetales crudos con salsa en vez de nachos

75 Pruebe papalinas horneadas en vez de fritas

76 Disfrute de frutas empacadas en agua o en su jugo natural en vez de almíbar

77 Elija un pedazo pequeño de fruta (manzana, melocotón, naranja) del tamaño de una pelota de tenis o coma solo la mitad de un pedazo más grande de fruta

78 Sustituya las galletas por fruta cortada en cubos y fruta entera en palillos (kebab)

79 Sea un conocedor respecto a las salsas: Remoje las manzanas en caramelillo bajo en grasa, el apio en queso crema sin grasa, las zanahorias en aderezo tipo Ranch sin grasa y las frutas en yogur

80 Pruebe ½ taza de fruta fresca en vez de ½ taza de frutos secos

81 Coma solo 1 de las barras de granola o bocadillos del paquete y comparta el otro o guárdelo para después

82 Coma 1 puñado menos de nueces mixtas

83 Satisfaga su antojo de chocolate al optar por una barra pequeña de chocolate ("fun size" o tamaño diversión)

AL CENAR FUERA DE CASA

Ya sea que pase por el autoservicio o salga a celebrar una ocasión especial, pruebe estas ideas para suprimir calorías cuando cene fuera de casa:

84 Coma una bolsa pequeña de palomitas de maíz sin mantequilla hechas en el horno de microondas

85 En vez de una barra de chocolate, elija un pudín de chocolate sin azúcar y sin grasa

86 Cuando se siente a la mesa, pida que se lleven la canasta del pan

87 Pida una taza de sopa en vez de un tazón

88 Elija una sopa de verduras y pasta (minestrone) u otros tipos de consomé en vez de sopas a base de crema

89 Omítala las porciones de tamaño gigante

90 Solicite un aderezo de vinagreta en vez de un aderezo hecho a base de mayonesa

91 Pida que eliminen los cubitos de pan frito (crutones) de su ensalada

92 Pruebe una pizza congelada baja en calorías en vez de la que habitualmente ordena en un restaurante.

93 Sustituya la guarnición de papa, arroz o pasta por vegetales al vapor

94 Seleccione un entrerremés como plato principal; agregue una sopa, ensalada o guarnición de vegetales

95 Omítala las papalinas que vienen junto con su sándwich o emparedado

96 Pida la mitad de la porción o no se coma todo lo que está en su plato

97 Utilice limón para sazonar el pescado en vez de la salsa tártara

98 Cuando ordene comida rápida, pida una guarnición de ensalada en vez de papas fritas

99 Escoja pollo asado en vez de pollo empanizado y frito

100 Pida que le coloquen la salsa y el aderezo para la ensalada a un lado del plato; coma lo suficiente para disfrutar de su sabor, pero deje de lado la mayor parte

No solamente es importante lo que comemos, sino cómo empleamos las calorías que consumimos. Mientras usted se mantiene lo suficientemente activo para equilibrar las calorías que consume con las calorías que quema a través de la actividad física, puede disfrutar de un placer eventual y aún así evitar subir de peso. • Al caminar 2,000 pasos adicionales y reducir 100 calorías cada día, usted verá qué fácil es alcanzar el equilibrio energético que puede detener el aumento de peso los pequeños cambios en su actividad diaria irápidamente acumularán 2,000 o más pasos adicionales! Busque maneras de agregar pasos en casa, en el trabajo y en la diversión con esta lista de ideas.

100 MANERAS DE AGREGAR 2,000 Pasos*

EN CASA Los quehaceres domésticos, las caminatas por el vecindario y los mandados son estupendas oportunidades para agregar pasos. Pruebe estas ideas para incrementar sus caminatas: 1 De una vuelta alrededor de la cuadra cuando salga a recoger su correspondencia 2 Camine alrededor de los pasillos externos del supermercado antes de ir de compras 3 Maneje o camine a una escuela secundaria cercana y de una vuelta a la pista de atletismo: 4 vueltas equivalen aproximadamente a 2,000 pasos **4 SUBA Y BAJE VARIAS VECES LAS GRADAS PARA LAVAR LA ROPA O HACER OTROS QUEHACERES DOMÉSTICOS**



4

5 Pase de largo en la ventanilla del autoservicio y camine hacia dentro del banco o restaurante 6 Camine en los pasillos mientras espera su cita con el médico 7 Escuche música o libros grabados mientras camina 8 Invite a sus amigos o familiares para ir con usted a caminar **9 CORTE EL CÉSPED** 10 Acompañe a sus hijos en su caminata a la escuela 11 Lleve a su perro a pasear 12 Comience una asociación para realizar caminatas en su comunidad 13 Camine a las tiendas cercanas, al correo, a la lavandería o a hacer mandados 14 Hable sobre lo que sucedió en el día con su cónyuge e hijos en una caminata después de la cena 15 Camine hasta su iglesia para ir a misa o asistir al servicio 16 Camine dentro de su casa mientras habla por teléfono 17 Compre un video para caminar en los días lluviosos 18 Experimente el esplendor de un amanecer al hacer una caminata temprano por la mañana 19 Deje volar su imaginación mientras camina, al observar el diseño de los jardines de sus vecinos: incorpore las ideas de sus preferidos en su propio jardín. 20 Camine hasta la casa de un(a) amigo(a) para visitarlo(a) 21 Trate de caminar "de retroceso," pues al caminar al revés se distribuye su peso de manera más pareja (asegúrese de estar en un área segura y esté consciente de sus alrededores) 22 Centre su atención en caminar una distancia larga y no en hacerlo velozmente, ya que es mejor lograr más pasos en un ritmo cómodo que cansarse demasiado pronto 23 Lleve un diario de sus caminatas además de un conteo de sus pasos; apunte cómo se siente al volver de una caminata: el incremento de energía es una estupenda motivación. 24 Camine en una máquina caminadora en los días lluviosos o cuando esté muy oscuro para salir 25 Camine en un mismo lugar mientras ve su programa favorito de televisión **26 DEVUELVA SU CARRETILLA DEL SUPERMERCADO A SU LUGAR DESPUÉS DE DESCARGAR SUS COMPRAS**



27 Incremente los resultados de su caminata al emplear bastones para caminar 28 Beneficie a una buena causa al unirse a una caminata para la caridad 29 Duerma más profundamente por la noche al caminar unas horas antes de irse a dormir

EN EL TRABAJO El agregar pasos a su día de trabajo le puede ayudar a disminuir el estrés y mantenerse alerta. Pruebe estas ideas: 30 Salga a caminar antes de iniciar su viaje matutino hacia el trabajo; se llenará de energía para el resto del día 31 Baje del autobús una o dos paradas antes de la suya y camine el resto del viaje 32 Camine hacia su trabajo, si vive lo suficientemente cerca 33 Llene su taza de café en la cafetería más lejana a su estación de trabajo 34 Visite el sanitario en el lado más lejano del edificio 35 Lleve a cabo una sesión mientras camina 36 Aparte 10 minutos de su hora del almuerzo para hacer una caminata rápida 37 Evite los elevadores y las gradas eléctricas: en vez de eso, suba por las gradas 38 Estacione en el área más lejana del estacionamiento 39 Escape del estrés de un día difícil al tomar unos minutos para ir a caminar 40 Camine hasta una tienda cercana para ir a comprar un caramelo para sus compañeros de trabajo 41 Comience en la oficina una asociación para hacer caminatas 42 Pídale a sus compañeros de trabajo que se reúnan con usted para una caminata antes o después del trabajo 43 Camine hasta el escritorio de sus compañeros de trabajo para hablar con ellos en vez de enviarles un correo electrónico 44 Cree una competencia de



pasos con sus compañeros de trabajo: vea quién puede dar más pasos en un día **45** Anime a sus compañeros de trabajo a reunirse con usted para hacer caminatas durante los descansos **46** Suba las gradas o camine por las aceras por unos minutos al final su turno **47** Despójese de los efectos de su viaje nocturno de regreso del trabajo al salir a caminar antes de la cena **48** Camine a través de una ciudad universitaria cercana **EN LA DIVERSIÓN** Ya sea que su tiempo libre lo dedique específicamente a la actividad física o no sea así, hay muchas maneras de agregar más pasos. Pruebe estas ideas:

**52**

49 Observe las vitrinas mientras camina en un centro comercial **50** Tome la ruta más larga cuando busque algo en un centro comercial: no visite las tiendas de manera secuencial **51** Únase a una clase de caminata en el agua: la resistencia natural del agua fortalece los músculos **52 RECORRA UN MUSEO, ZOOLÓGICO**

O RESERVA NATURAL **53** De vueltas alrededor de un mercadillo o una exposición artesanal antes de elegir sus compras **54** Pegue una tira de cinta adhesiva protectora alrededor de la cintura de su hijo(a) (con el pegamento expuesto) para que pueda recolectar hojas bonitas durante la primavera, verano y el otoño **55** Varíe su ritmo cuando camina: comience despacio y luego incremente su velocidad, incluya cortos períodos de caminata rápida, luego tranquilícese con un ritmo más lento al final de su caminata **56** Inscríbase en un evento para caminar o correr 5 kms. ó 10 kms **57** Tome un paseo en el sendero de un parque natural **58** Aficionese a la fotografía: camine a través de una ubicación con paisaje en búsqueda de oportunidades para tomar fotografías **59** Maneje hacia un nuevo sendero para caminatas y explore un panorama diferente **60** Comuníquese con su oficina local de turismo y la sociedad histórica e inscríbase para una excursión a pie

61 **61 HÁGASE VOLUNTARIO PARA LLEVAR**

A PASEAR A LOS PERROS DE UN REFUGIO ANIMAL **62** Organice un día de limpieza comunitaria y distribuya las áreas del vecindario para que diferentes equipos caminen a través de ellas y recojan la basura al pasar **63** Reúnase con un amigo(a) en un restaurante hacia donde usted pueda caminar **64** Busque gangas al caminar por su vecindario en búsqueda de ventas de garaje o de jardín **65** Explóre la naturaleza al tener a la mano una guía práctica al salir a caminar **66** Busque en el periódico los eventos próximos a los que usted puede ir a pie, como una excursión para visitar jardines, una obra teatral de una escuela secundaria, o un concierto en el parque **67** Camine alrededor del restaurante o del estacionamiento mientras espera su mesa **68** Maneje a una comunidad vecina y explore su calle principal a pie **69** Observe a las aves mientras camina, especialmente durante la migración de otoño **70** Tome una clase de aeróbicos de step (grada) **71** Pase un día en la playa y camine por la costa **72** Tome una clase de judo o karate **73** Prémiese por sus logros con los pasos: por ejemplo, cada vez que llegue a su meta de pasos para el día, ponga un dólar en una

alcancía y ahórrelo para un premio especial **74** Piérdase en un campo sembrado con maíz (hay muchos disponibles durante los meses de otoño) **75** Atraiga a sus hijos a acompañarle al convertirlo en una "búsqueda de tesoros" **76** Pasee por el campo de pelota mientras observa el evento deportivo de su niño(a) **77** Juegue golf, pero sin llevar un carrito **78** En vez de hablar por teléfono con un(a) amigo(a), reúnanse para caminar y platicar **79** Camine con sus niños hasta el parque local **80** Inscríbase en una clase de aeróbicos en el agua **EN LA VARIEDAD ESTÁ EL GUSTO**

84

Hay otras actividades que pueden ayudarle a lograr su meta de pasos diarios: aquí le brindamos ideas para agregar pasos a través de los minutos que invierte en otras actividades físicas: **81** Únase al equipo de voleibol de playa o bajo techo, o al de softbol **82** Juegue béisbol, el pasatiempo favorito de los Estados Unidos **83** Vaya a las canchas de tenis **84 BAILE TODA LA NOCHE EN UNA DISCOTECA** **85** No se olvide de las actividades del hogar, tales como fregar los pisos y aspirarlos **86** Reme para quemar las calorías a través de un viaje en balsa, kayak o canoa **87** Visite un sendero local en bicicleta **88** Patine sobre el hielo en una pista local **89** Pruebe patinar con patines en línea a través de su vecindario **90** Pruebe esquiar en la montaña, al zumbar por las pendientes **91 CORTE LA MALA**

91**HIERBA, USE EL AZADÓN, RASTRILLE, PODE: LA JARDINERÍA ES UNA MANERA COTIDIANA DE MANTENERSE ACTIVO**

92 Camine con zapatos de nieve sobre las colinas y promontorios en los meses más fríos **93** Disfrute la tranquilidad de la naturaleza mientras esquí a campo travieso por un sendero **94** De varias vueltas en una piscina: varíe su ritmo para obtener los mejores resultados **95** Zambúllase en un lago, río o en el océano para divertirse en el verano **96** Únase a una clase de tai chi o yoga para obtener flexibilidad y relajación **97** Inscríbase en una sesión de aeróbicos **98** Haga esquí acuático sobre las olas **99** Invierte su rutina para caminar: comience donde normalmente termina **100 HAGA SUS MANDADOS EN BICICLETA, POR EJEMPLO PARA IR A LA BIBLIOTECA O A DEPOSITAR SU CHEQUE DEL SUELDO**

**100**



ADDITIONAL RESOURCES

HOW TO ORDER STEP COUNTERS AND AOM BROCHURES

- Both step counters and AOM brochures are available for order through the AOM Web site or by calling Decoprint, at 888-954-6666.
- For partnership details, guidebook, and/or AOM brochures in English or Spanish download, please visit: http://www.nifa.usda.gov/neaf/food/part/health_part_aom.html

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ARTICLES/REFERENCES

- "Obesity and the Environment: Where Do We Go from Here?"
JO Hill, PhD, HR Wyatt, MD, GW Reed, PhD,& JC Peters, PhD
Science, vol 299, February 2003

Using data from national surveys, AOM's co-founders estimate that affecting energy balance by 100 calories per day could prevent weight gain in most of the population. This modest goal, which is the basis for AOM, can be achieved by making small changes in behavior, such as walking 2,000 extra steps per day and leaving behind a few bites at each meal.

Conclusion: Small, specific behavioral targets may be key to stopping the obesity epidemic.

- "Using Electronic Step Counters to Increase Lifestyle Physical Activity: Colorado On the Move™"
HR Wyatt, MD, JC Peters, PhD,
GW Reed, PhD, GK Grunwald, PhD,
M Barry, PhD, H Thompson, RD,
J Jones, MPH and JO Hill, PhD
Journal of Physical Activity and Health, vol 1, 2004.

The researchers at Colorado On the Move (which is the predecessor to America On the Move) sought to show that a program with a specific quantifiable behavioral goal (such as adding 2,000 steps to your day), using a step counter for increasing lifestyle physical activity, and decreasing energy intake can work to prevent weight gain. This study did find that increasing a person's average steps per day with an achievable goal of steps per day (such as adding 2,000 steps), combined with a way to measure this increase, such as using step counters, does have a positive impact on physical activity levels.

Conclusion: Increasing physical activity by 2,000 steps per day could help prevent the average yearly weight gain increase of 1-2 pounds seen in the U.S. population.

- "A Family-Based Approach to Preventing Excessive Weight Gain"
by SJ Rodearmel, EdD, HR Wyatt, MD, MJ Barry, PhD, F. Dong, D. Pan,
RG Israel, PhD, SS Cho, PhD,
MI McBurney, PhD, JO Hill, PhD.
Obesity Research, vol 14, no 8,
August 2006.

Submitted and accepted for publication in *Obesity Research*, Fall 2006. This 3-month study followed over 60 families with at least one overweight child. Study families were taught AOM's small changes philosophy, were provided with step counters and tracking forms, and were asked to eat two servings of cereal each day.

Conclusion: Results showed that families were able to significantly increase physical activity levels and adjust food intake. Compared to control families, both overweight children and parents in the study families successfully prevented weight gain.

MONOGRAPHS

- "Summit on Promoting Healthy Eating and Active Living: Developing a Framework for Progress, *Nutrition Reviews*, vol 59, no 3 part II, March 2001

This publication represents a 2-day summit hosted by the America On the Move Foundation. The summit included expert analysis by 40 key figures organized into groups representing multiple disciplines.

In preparation for the summit, the groups wrote papers addressing three important questions:

- How and why do individuals make food and physical activity choices and what are the underlying factors that affect these choices?
- How and why do environmental and societal factors affect food and physical activity choices?
- What lessons have been learned from other attempts to guide social change?

Their findings and a new framework are presented in this monograph.

- "An Economic Analysis of Eating and Physical Activity Behaviors: Exploring Effective Strategies to Combat Obesity"
American Journal of Preventive Medicine, Supplement, October 2004

To review the effect of economics on eating and physical activity, the America On the Move Foundation convened the Economic Analysis Forum in April 2003. Two groups were formed—one focused on eating behaviors and the other focused on physical activity. Both groups had equal representation from health-related and economic disciplines. The groups examined how economics contribute to and can improve eating and physical activity patterns.



The resulting six papers address the following topics:

1. The economic framework that affects nutrition and physical activity choices
2. The impact economic forces have on leisure time choices
3. The effectiveness of interventions in increasing physical activity
4. How the built environment influences physical activity
5. How food costs influence food consumption
6. Interventions to promote healthy eating using economic analysis

The forum and subsequent publication clearly demonstrated that economic considerations are essential to devising strategies to improve nutrition, physical activity, and obesity.

AOM SURVEYS

- **AOM Colorado State Survey, conducted by Harris Interactive, Inc., for AOMF, 2002**
(Published as "A Colorado Statewide Survey of Walking and Its Relation to Excessive Weight" in *Medicine & Science in Sports & Exercise*, Vol. 37, No. 5, pp. 724-730, 2005.)

Findings of interest include:

- The average adult in Colorado reported taking 6,804 steps per day
- About 33 percent reported taking fewer than 5,000 steps per day, and only 16 percent reported taking 10,000 or more steps per day
- Determinants of steps per day included age (older residents reported fewer steps), marital status (singles are more active), and income (higher income associated with higher activity)
- Obese individuals walked about 2,000 fewer steps per day than normal-weight individuals

These results provide the first population data on current walking levels and provide a baseline for future evaluation of AOM in Colorado. Increasing steps per day appears to be a good target to use in interventions to increase physical activity.

- **AOM National Step Survey, conducted by Harris Interactive, Inc., for AOMF, 2003 (unpublished)**

This survey examined the views and experiences of over 2,000 U.S. residents ages 13 and older, concerning their physical activity, health, and nutrition.

Findings of interest include:

- 7 in 10 surveyed report currently trying to lose weight
- Average time spent sitting per day is 7.7 hours, 4 hours watching TV
- 8 in 10 wish to become more active (time and motivation cited as major barriers)
- 9 in 10 believe walking is a good or excellent way to increase physical activity

In addition, over 1,700 participants agreed to wear a step counter and monitor their physical activity for two consecutive days and report the total number of steps taken during that period.

- The average steps per day reported was 5,310.

- **AOM Tennessee State Survey, 2005 (unpublished)**

This survey examined the experiences of Tennessee residents ages 18 and older, concerning physical activity, health, and nutrition. Parents of 10-17 year-olds participating in the study were asked questions concerning their child's experience with these issues. Participants agreed to wear a step counter for 4 consecutive days and report the total number of steps taken during that period.

Findings of interest include:

- The average adult Tennessean is nearly obese, with an average BMI of 29.2 (A BMI of 25 is considered overweight and a BMI of 30 is considered obese)
- Tennesseans are inactive, with the average steps per day reported at 4,641, about 1,000 fewer than the average American
- 84 percent would like to become more active, and 94 percent believe that walking is a good to excellent method of doing so

- Normal-weight males in Tennessee are more likely to maintain their weight through physical activity, while normal-weight females are more likely to do so through dieting

The bad news: Tennesseans are less active, less likely to control calorie intake, and are heavier than the national average.

The good news: Tennesseans appear to be ready to change, given the right guidance and support.

- **AOM Arkansas State Survey, 2006 (unpublished)**

This survey examined the views and experiences of over 700 Arkansas residents ages 18 and older, concerning their physical activity, health, and nutrition. Participants agreed to wear a step counter to monitor activity for 3 consecutive days and report the total number of steps taken during that period.

Findings of interest include:

- Over half of Arkansans report the desire to become more physically active. While 24 percent reported walking during the day, 60 percent reported sitting or standing
- 65 percent of Arkansans prefer to increase activity levels on their own, as compared to turning to health clubs or community-based organizations for support
- The majority (65 percent) is overweight or obese, yet, of those who visited a healthcare provider in the last year, only 20 percent were instructed to lose weight
- Arkansans reported common barriers to adopting and maintaining lifestyle changes, including lack of time (32 percent), poor health (27 percent), and lacking motivation to start (15 percent)

The average daily steps reported by Arkansans was 5,248.



United States
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PARTICIPANT # _____

(FOR STAFF USE ONLY)

DATA COLLECTION FORM LONG VERSION

PARTICIPANT'S INFORMATION

DATE: _____

CLASS NAME: _____ LOCATION: _____

YOUR NAME: _____

GENDER: MALE FEMALE

AGE RANGE: UNDER 18 , 18-25 , 26-35 , 36-45 , 46-55 , 56-65 , 66-75 , 76-85 , > 85

ETHNICITY: WHITE , NON HISPANIC , BLACK , HISPANIC , AMERICAN INDIAN , ASIAN , MULTI-RACE

STEPS FIRST THREE DAYS (BASELINE): , ,

STEPS LAST THREE DAYS: , ,

ZIP CODE: _____

INFORMACIÓN DEL PARTICIPANTE

FECHA: _____

NOMBRE DE LA CLASE: _____ LOCAL: _____

SU NOMBRE: _____

GENERO: MASCULINO FEMENINO

RANGO DE EDAD: MENOR DE 18 , 18-25 , 26-35 , 36-45 , 46-55 , 56-65 , 66-75 , 76-85 , MAS DE 85

GRUPO ÉTNICO O RAZA: BLANCA , NO HISPÁNICA , NEGRA , HISPÁNICA/LATINA , INDIA AMERICANA , ASIÁTICA , RAZA MÚLTIPLE

PASOS DE LOS TRES PRIMEROS DÍAS: , ,

PASOS DE LOS TRES ÚLTIMOS DÍAS: , ,

CÓDIGO POSTAL: _____



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