



Healthy Opportunities Webcast: Keep Your New Year's Resolution to Eat Healthy and Exercise (Jan. 19, 2016)

Tips and Resources

Nutrition Tips

1. Make Oil Substitutions
2. Go on Beverage Alert
3. Change up that Coffee
4. Modify the Portion Size Counts
5. Learn to Say "No Thanks"
6. Beware of Condiments
7. Watch Out for Toppings, Dressings, and Dips
8. Drink Responsibly

Physical Activity Tips

1. Keep track of your activity
2. Take a pre-breakfast walk
3. Take the stairs
4. Make social time – active time
5. Take advantage of “seasonal opportunities”
6. Do a little stretching and strength training
7. Dust off your bicycle
8. Sneak in some activity while sitting at your desk or watching television

Resources

Physical Activity and Walking

<http://www.cdc.gov/physicalactivity/walking/>

American Council on Exercise

<http://www.acefitness.org/acefit/fitness-fact-article/2549/a-walk-a-day/>

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking/Walking_UCM_460870_SubHomePage.jsp

100 Ways to Cut 100 Calories

<http://www.ext.colostate.edu/smallsteps/power10-cut-calories.pdf>

Dietary Guidelines - screen shot

<http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/#figure-es-12015-2020-dietary-guidelines-for-americans-at-a-glanc>

BMI Calculator

<http://www.choosemyplate.gov/tools-BMI>

Super Tracker

<https://www.supertracker.usda.gov/>

Recipes:

Spend Smart. Eat Smart

<http://www.extension.iastate.edu/foodsavings/recipes/all>

Eat Smart. Move More. Weigh Less

<https://esmmweighless.com/tools/recipes/>

Recipes and Menus

ChooseMyPlate - recipes and 2 weeks of sample meal plans for 2,000 calories

<http://www.choosemyplate.gov/recipes-cookbooks-and-menus>

Additional Opportunities

Live Healthy Iowa

<http://www.livehealthyiowa.org/>

Nutrition Decisions Webinar - Navigating the Diet Maze

Presented by Dr. Carolyn Dunn, Professor and Nutrition Specialist, NC State University

Low carb, low fat, detox, Mediterranean, low sugar - how do you choose the right eating pattern for good health? This webinar will cut through the hype and New Year's diet craze to help you eat smart for a lifetime of good health.

This webinar is free and available to anyone.

January 29th at 12:00pm EST

To sign up for the webinar, click here:

[**Nutrition Decisions Webinar**](#)