

Healthy You: Quick Facts

The NATION'S HEALTH

Keep your health on course by tracking progress

Being healthy is a process. There's no magic button to make you healthier. But keeping track of your diet and exercise can help. Many decisions about good health come down to numbers, such as how many calories you eat or your blood pressure reading. Tracking your steps or writing down your eating habits can make a big difference.



Photo above by Dragonimages, below by Andrey Popov, courtesy iStockphoto

Quick facts: Charting your health

1 Health experts say people should get at least 30 minutes of exercise each day that is moderately intense. Creating a calendar to monitor your daily activity can make sure you meet that goal.



2 Tracking your calories can help you stay on course. Keeping a food journal is a way to record what you eat, how much you eat and when you eat. Your journal can show patterns in your food intake. You might find that you eat more unhealthy foods than you think you do

3 When you meet your goals, reward yourself with a sticker or gold star.

4 Make sure you drink enough water during the day to stay hydrated. Water is a healthier option than sugary drinks such as soda and juices.

5 Keeping track of your activity and what you eat has many benefits. But don't go overboard. Counting every single calorie and weighing yourself every day can create stress, which is not healthy.



>> For free activity tracking tools, visit www.nia.nih.gov/go4life.

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