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# Nutrition for Exercise Beginners

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## **Current Exercise Recommendations:**

For the most health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate intensity activity. Aerobic activity should be spread throughout the week.

## **Examples of Moderate-Intensity Activity:**

- Brisk walking
- Bicycling
- Gardening
- Dancing
- Water Aerobics

Physical activity combined with a healthy diet can lead to a higher quality of life. Here are some nutrition tips for those looking to start or re-start an exercise program:

## **Begin Slowly**

Start with small changes in your exercise and diet habits. Be consistent. A small change done over a long period of time will be better than a big change for a short time.

- **A few ideas for small changes:**
  - Choose fruit as a substitute for sweets
  - Add protein like eggs or Greek yogurt to your breakfast
  - Use a smaller plate to decrease portions
  - Use whole wheat/whole grain bread instead of white bread

## **Add in Fruits and Vegetables**

Increasing fruits and vegetables can help you feel full and decrease your overall calorie intake. This will help as your hunger may increase when you exercise more.

## **Limit Sugar-Sweetened Beverages**

Sweetened beverages like sweet tea, soda, juice, or sports drinks can add calories and decrease exercise results. Try water or flavored water instead.