Nutrition for Exercise Beginners

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.