
Nutrition for Exercise Beginners

The current recommendation for exercise is a minimum of 30 minutes of moderate-intensity activity on most days of the week (150 minutes per week). For weight loss, increase this to 60 minutes most days (300 minutes per week). Examples of moderate-intensity activity include:

- Brisk walking
- Gardening
- Water aerobics
- Bicycling
- Dancing

Physical activity alongside a healthy diet may mean a better quality of life. Here are a few nutrition tips for those looking to begin or get back into an exercise routine:

- **Slow and steady.** Consider small changes and build up to bigger goals. This applies for both physical activity as well as for diet decisions. Consistency is key – a small action done long-term may be more impactful than a big action done only once. A few ideas may be:
 - Replace sweets like cake and cookies with fresh fruit
 - Add protein like eggs to your breakfast routine
 - Aim for smaller portion sizes
 - Use skim or low-fat milk instead of whole milk
 - Try whole wheat bread instead of white
- **Incorporate fruits and vegetables.** Not only but increasing fruits and vegetables have been shown to enhance fullness and help with decreasing overall calories taken in. When you're not overdoing it on your diet, your workout counts so much more!
- **Limit sugar-sweetened beverages.** Instead of sweetened beverages like soda, juices, sweetened iced tea and sports drinks, choose water instead. Water is a zero calorie drink that will keep you hydrated for better physical performance. Try a lemon or lime slice to add flavor.

