

To maintain optimum health, adults are advised to engage in 30 minutes of moderate to vigorous physical activity five or more days each week, while children and teens should have an hour of activity per day. However, many adults and children do not get the daily recommended amount of exercise because they are too busy, too tired or aren't sure where to start.

Only **3-in-10** adults get the recommended amount of exercise.

Source: President's Council on Physical Fitness and Sports

# Let's Get Moving in the New Year

Although 30 minutes of exercise 5 times a week may sound impossible, it can be broken up into smaller, 10-minute blocks of activity throughout the day. Take a walk during your lunch hour or after dinner, or enroll in a fitness class through your local community center to improve your health and have fun at the same time. If you are new to physical activity or have a medical condition, consult with your doctor before beginning a new exercise program.

Moderate physical activity has many health benefits:

- **Reduces** the risk of developing cardiovascular disease, type 2 diabetes and certain cancers
- **Lowers** blood pressure and cholesterol
- **Prevents** osteoporosis and obesity
- **Alleviates** the symptoms of arthritis, anxiety and depression

Source: President's Council on Physical Fitness and Sports

## 3 Ways to Stick to Your Workout:

1. Write it into your schedule.
2. Set reasonable goals.
3. Make it fun.

## Exercise for Stress Relief

Demands from work and family can take a toll on your health—overexposure to stress hormones can increase the risk of heart disease, depression and create digestive and sleep problems. Exercise is a great stress reliever that boosts your feel-good endorphins and allows you to refocus your energy. When you feel overwhelmed by stress, **take 10**: Go for a **10-minute** walk or run, or do a few yoga poses.

## 5 Easy & Fun Ways to Get Fit

You don't need to be an Olympian to enjoy these fun activities. To boost your motivation, have a friend or family member join you.

1. **Exercise while you watch television.** Do sit-ups, push-ups or jumping jacks or lift weights during commercial breaks.
2. **Get outside.** Go for a walk or run with your neighbor, plan a mountain biking or ski trip with family and friends.
3. **Learn martial arts.** Take a weekly class to reduce stress, improve your focus and learn self defense.
4. **Swim.** Dive in! Swimming is a great low impact exercise with overall body benefits for just about everyone.
5. **Dance.** Sign up for a class by yourself or with your significant other, and tango your way to fitness.



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# Fuel Your Body with Healthy Foods

Living a healthier lifestyle doesn't have to be a drag. By incorporating a few healthy habits into your day, you can improve your quality of life and reduce the risk of preventable diseases.

Track nutrition and exercise progress online with the United States Department of Agriculture's [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov) or Livestrong.com's MyPlate [www.livestrong.com/myplate](http://www.livestrong.com/myplate).

According to the new USDA guidelines, your plate should be filled with fruit, vegetables, lean protein and grains. Fulfilling this guideline is easy if you include these tasty super foods that are loaded with the vitamins and minerals you need to keep healthy.



## Dairy

**Low-fat or fat-free yogurt** is a great source of calcium, protein, potassium and probiotics, which balance the bacteria in your digestive tract.



## Lean Protein

**Eggs** are packed with 12 vitamins and minerals that are essential for brain development and memory.

**Beans** are loaded with protein, carbohydrates, magnesium, potassium and fiber.

**Salmon, halibut and sardines** are full of heart-healthy omega-3 fatty acids, protein and iron and low in saturated fat.



## Grains

**Whole grains** such as **quinoa** stabilize blood sugar and include all three parts of the grain kernel. They contain vitamins B and E, magnesium, selenium, zinc and phytonutrients. **Quinoa**, the latest whole grain to make its way onto grocery shelves, is high in protein, fiber, iron, zinc, vitamin E and selenium and is naturally gluten free.



## Fruits and Vegetables

**Kiwis** are a great source of antioxidants, potassium, fiber and vitamins A, C and E. **Broccoli, cabbage and kale** are full of fiber and vitamins A, C and K. These veggie powerhouses may even boost your memory.

**Tomatoes** are packed with lycopene, which helps stimulate the immune system and may prevent certain cancers.

**33%** of adults are obese and **17%** of children and adolescents (aged 2-19) are obese.

Source: Centers for Disease Control and Prevention

### Instead of...

Soft drinks

Butter

Potato chips

White potatoes

Candy

### Try ...

**Green tea**, which may reduce the risk of heart disease, cancer and stroke.

**Olive oil**, which is high in antioxidants and is reported to reduce the risk of heart disease.

A handful of **nuts**, which may help you lower cholesterol and lose weight.

**Sweet potatoes**, which are packed with vitamins A and C, calcium and potassium.

**Berries**, which are full of antioxidants, phytonutrients and fiber.