

LIVE HEALTHY IOWA

A TO Z

WELLNESS GUIDE



LIVE HEALTHY IOWA and the IOWA FOOD & FAMILY PROJECT are teaming up to help you fuel your wellness journey! This booklet is full of tips and tools - from A to Z - to help you live an active, mindful lifestyle and inspire you to fill your plate with nutritious Iowa-grown and raised ingredients.

livehealthyiowa.org
iowafoodandfamily.com



ACTIVITY

Physical activity is key to healthy living!

Adults should aim for 150 minutes of moderate or 75 minutes of high-intensity activity each week. Kids should work toward 60 minutes of activity each day.

TIP

TRY THREE 10-MINUTE BLOCKS OF ACTIVITY PER DAY, FIVE DAYS A WEEK.



BIGGER PICTURE

What's your bigger picture? Build a more mindful lifestyle by drafting your own purpose statement. Ask yourself:

Who am I? What I doing? Who am I doing it for?

My purpose statement:

A series of horizontal blue lines on a white background, intended for writing a purpose statement.



CHOLINE

Eggs are a great source of choline, an essential micronutrient that keeps your brain healthy and helps transport nutrients. At just 70 calories, one egg offers 6 grams of protein and all nine essential amino acids!



DISTANCE

Go the distance on Iowa trails! There are nearly 8,000 miles of hiking, water, equestrian and multiuse trails connecting our state's rural and urban communities.



EAT YOUR FRUITS & VEGGIES

Fruits and veggies are packed with benefits! Shoot for three servings of veggies and two of fruit each day.

Berries, citrus, dark leafy greens, carrots, onions, tomatoes and peppers are superstars to add to your plate.



SMART

F

FAMILY MEALS

Eat as a family! Kids and teens who have three or more family dinners each week build healthier eating habits and have shown better academic performance and higher self-esteem.



G

GOALS

To achieve your wellness goals, you first need to set them! Write down Specific, Measurable, Attainable, Relevant, Timebound (SMART) wellness goals. Share them with a friend or family member to hold yourself accountable.

H

H2O

Did you know 65 percent of your body is water?

The amount of water you need each day depends on your activity, age, weight and gender. In general, it's recommended adult men drink 125 fluid ounces and women drink 92 fluid ounces of water each day.

Iowa farmers care about the water we share! They are continually finding new ways to keep our waterways healthy.

I

IOWA RANKS #1

Iowa leads the nation in affordable cost of living and agriculture. We regularly produce the most corn, eggs and pork of any state. Let's bring that winning attitude to our health rankings! Iowa currently ranks No. 21 in the Gallup-Sharecare Well-Being Index.





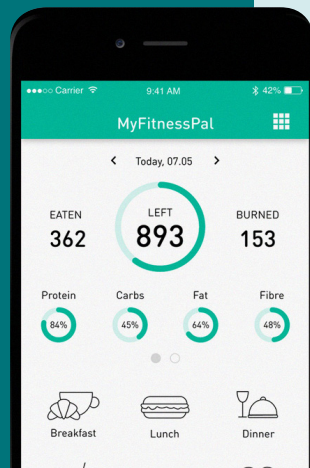
JUMP ROPE

Jumping rope is a calorie cooker and can help improve your agility. Best of all, you can jump rope anywhere and anytime for no cost!



KEEP TRACK

Stay on track by keeping track! Record your physical activity, water intake and meals on an app or in a print journal to stay accountable.



LIVE HEALTHY IOWA

As part of the Iowa Sports Foundation, Live Healthy Iowa began in 2002 as a friendly, team-based competition encouraging Iowans to “Lighten Up” by adopting more physically active lifestyles and healthy choices.

Over the past 17 years, Live Healthy Iowa challenge participants have accumulated more than 65 million miles of physical activity. The accumulated distance is equivalent to 213,000 trips across Iowa!

The Iowa Food & Family Project is proud to be the presenting sponsor of Live Healthy Iowa. Learn how you can get involved at livehealthyiowa.org.



M

MEAL PREP

Plan once, shop once, cook once and you'll eat all week! Involving the whole family in menu planning and cooking is a great way to give kids ownership and build lifelong skills.

N

NUTS

Go nutty! A hand full of nuts, such as almonds, walnuts, cashews and soy nuts pack a punch of protein, omega-3, fiber, vitamins and minerals to power you through the day.

O

OFFER

Offer your time and talents to your community! Volunteering can help improve your health by connecting you to others, stretching your mind and body, and bringing fun and fulfillment to your everyday routine.

P

POWER UP WITH PROTEIN

Exercise is more effective when paired with protein! High-quality protein helps preserve and build muscle and maintain a healthy weight.

Aim for 25-30 grams of protein at each meal, plus snacks for ultimate body benefits. Beef, pork, turkey, eggs, dairy and soyfoods are great options to fill your plate.

Looking for a protein-packed dinner idea? Visit iowafoodandfamily.com/recipes.

TIP: A 3-ounce serving of meat, poultry or fish is about the size of a deck of cards.



10-Minute Beginner HIIT Workout

3 ROUNDS,
20 SECONDS WORK WITH
10 SECONDS REST

1. Jumping jacks
2. Squats
3. Lunges
4. Sit ups or push ups



Q

QUALITY

Choose quality over quantity. If you're short on time, high-intensity interval training (HIIT) is a great way to make the most of a quick workout! This type of workout can increase fat-burning hormones and raise your metabolism.

R

REAL FOOD

Add foods grown by Iowa farmers – like eggs, meat, dairy, fruits and vegetables – to your shopping cart. These high-quality, nutritious and safe products will help fuel your wellness goals!

S

SNACKING

Plan your snacks ahead of time. Have a cheese stick, vegetables, hard-boiled egg, nuts or plain popcorn on hand. Four cups of plain popcorn contain only 120 calories and 4 grams of fiber.



T

THIAMIN

Pork is one of the best sources of thiamin, also known as Vitamin B1. It's an essential mineral that helps break down carbohydrates, protein and fat. A 3-ounce serving of lean pork provides 54 percent of your Daily Value of thiamin.



U

UNPLUG

Unplug from digital devices! Set aside time each day to be mindful, aware of your experiences and present in the moment with your friends and family.





VITAMINS A & D

Dairy provides a package of nine essential nutrients, including Vitamins A and D. These nutrients work together to promote healthy bone growth and overall wellness. Looking for a post-workout snack? Try plain yogurt topped with your favorite fruits and granola!



WALK

Walking is an easy way to maintain a healthy weight, prevent or manage health conditions, and improve your mood. Walking can be more rewarding when joining up with friends or enjoying the company of a canine companion.



Xs & Os

Draw up a winning play with team sports! Whether you choose softball, basketball or soccer, team sports are a fun way to be active with your friends, improve communication and manage stress.



YOU

What motivates you to continue your wellness journey? It might be added confidence, focus, a positive attitude or more patience. Discovering the benefits that motivate you is key to making healthy habits last!



ZINC

Zinc is an essential mineral that supports a healthy metabolism and immune system. A 3-ounce serving of lean beef provides 36 percent of your Daily Value of zinc in about 150 calories.





Funded in part by Live Healthy Iowa and the soybean, pork, corn, beef, dairy, egg and turkey checkoffs. For a list of references visit iowafoodandfamily.com/a-to-z-references.

LIVEHEALTHYIOWA.ORG | IOWAFOODANDFAMILY.COM

