

# Nutrition News

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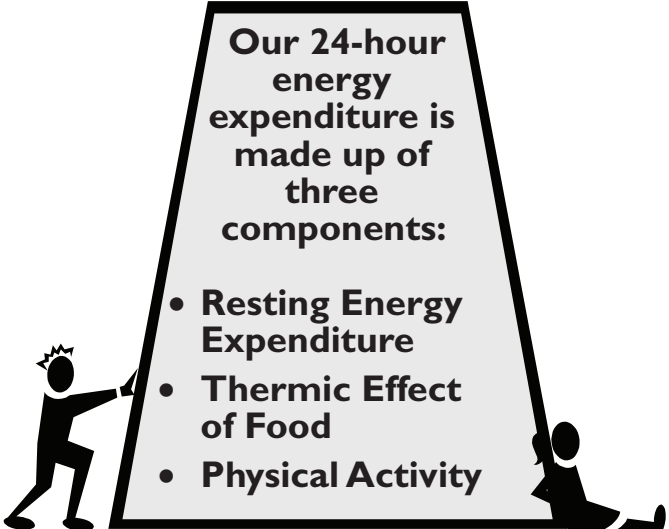
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## Eat Vegetables, Move More: Make Physical Activity a Part of Your New Year's Resolution

**Happy New Year!** You've already made your New Year's resolution, so now is the time to begin working on it. This year, we should all focus of getting healthier in terms of eating right and exercising more.

Louisiana is currently ranked 49<sup>th</sup> in the healthiest states in America, moving up one spot from last year as the unhealthiest state in America. This alarming news alone should motivate you to get in shape this year.

The key to losing weight is to expend more calories than you consume. We obtain the energy and nutrients that our bodies need from the foods and beverages we consume. The human body derives energy from carbohydrate, protein, fat, and alcohol.



Our 24-hour energy expenditure is made up of three components:

- Resting Energy Expenditure
- Thermic Effect of Food
- Physical Activity

Macronutrient	Calories per Gram
Carbohydrate	4 kcal/g
Protein	4 kcal/g
Fat	9 kcal/g
Alcohol	7 kcal/g

Glucose is perhaps the most important of all the carbohydrates and is the primary fuel source for our bodies. Glucose, found naturally in fruits, vegetables, and honey, is the preferred energy source for short, maximum performance events (sprints) and for the average cyclist, runner or someone involved in team sports. Fats can also serve as an energy source, particularly in endurance events (lasting more than one hour). Proteins are generally used to maintain and repair body tissues, and are not normally used as an energy source to power muscle activity.

### Resting Energy Expenditure (REE)

This is the amount of energy necessary to sustain life and to keep such vital organs as the heart, lungs, brain, liver, and kidneys functioning. For the average North American, REE accounts for approximately 60% to 75% of 24 hour energy expenditure. There are several factors that affect REE, including lean body mass, gender (males have a higher REE), body temperature, age, whether or not we are consuming inadequate or excess energy, and genetics.

### Thermic Effect of Food

This is the energy required to digest, absorb, metabolize, and store the nutrients contained in foods that are consumed and to eliminate the resulting by-products and wastes. It accounts for about 10% of energy expenditure.

### Physical Activity

This energy expenditure accounts for 20% to 25% of 24 hour energy expenditure, and is

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influenced by a person's body weight, the number of muscle groups used in the activity, and the intensity, duration, and frequency of the activity. Athletes in training have much higher percentage of their calories spent in physical activity. The 2005 Dietary Guidelines for Americans suggest that adults should get at least 30 minutes of moderate-intensity physical activity most days of the week to reduce their risk of chronic disease.

The amount of time one spends in physical activity is totally under individual's control. Physical activity is an important component in weight maintenance, and the lack of physical activity greatly accounts for the rise in obesity.

The different types of physical activity are strength-training, weight bearing exercises, aerobic activity and stretching.

### **Strength Training Exercise**

This includes any form of exercise that involves weights, such as bench presses, bicep curls, leg press machines, etc. Pushups, squats, crunches, and calf raises are also forms of strength training exercise. Advantages include building or maintaining strong bones, building lean muscle tissue (which increases your metabolism), reducing your risk of injury and/or arthritis pain, and increasing balance, stability, and flexibility.

### **Weight Bearing Exercise**

Activities in this category include very fast walking, uphill walking, stair-stepping, jump rope or jumping activities, high-impact aerobics, jogging, certain types of dancing, soccer, tennis, and basketball. A major advantage to weight bearing exercises is that it increases bone density, which is a major factor in preventing osteoporosis.

### **Aerobic activity**

Aerobic activity is any activity that requires the heart and lungs to work hard and that promotes circulation through the body.

### **Stretching**

Stretching is the deliberate act of lengthening of muscles, in order to increase muscle flexibility and/or joint range of motion.



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To find out more, contact your parish agent.