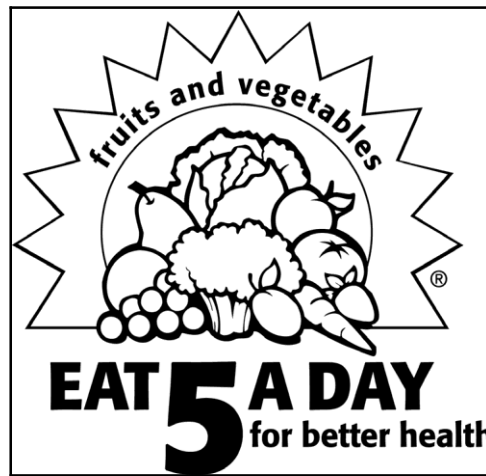


# Texas Department of Health



## Five A Day - Five A Week Challenge

Bureau of Nutrition Services



Bureau of Chronic Disease and Tobacco Prevention Cardiovascular Health and Wellness Program

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# Chapter 1

## Program Coordinator's Guide

The 5 A Day - 5 A Week Challenge is a four week program designed to motivate participants to eat five servings of fruits and vegetables per day, participate in a minimum of 30 minutes of physical activity per day, five days per week, and do five activities per week that reduce one's stress level.

This booklet will provide you with the information and materials to implement the program. This booklet should be used as a model and guide in developing your own program specific to your location. The procedures are not set in stone. Adapt the program to fit your needs!

Follow these simple steps to start your program:

1. Determine a month you would like to run the program. September is National Cholesterol Month and 5 A Day Week. November and December are good holiday months to push healthy alternatives for parties and dinners. Give yourself at least one month of planning before the program starts.
2. Review program guidelines and adjust as necessary for your organization. Consider when to begin registration, where, the start and end date, etc.
3. Develop an educational message plan that introduces the program and promotes participation. Details to decide are:
  - a) media outlets (bulletin boards, flyers, paystubs, etc.)
  - b) message content (date, time, contacts, etc.)
  - c) staff assistance in program operation (promotion, monitoring)
  - d) printing & duplication (# of employees, paper, timeframe)
4. Consider incentive prizes that can be given weekly and as a grand prize. Prizes may be tangible items such as pens, cups, magnets, t-shirts, caps, fruits or vegetables, etc. Intangible prizes can be time off, parking spaces, notice in newsletters, points in a larger challenge.

5. Advertise and promote the program at least two weeks before the start date. Confirm printing and duplication, prizes, registration sheet, and staff help.
6. Start the program by handing out the first week log sheets for participants to track their activities. Maintain a Participant Tracking Tool (see page 20) for weekly check in purposes.
7. At the end of the first week, gather the log sheets, check for full completion, handout prize and next week's log sheet. Continue this for each week. At the end of the last week, hand out the program evaluation. (There can be an extra prize for the return of the evaluation)
8. At the end date, review the Participant Tracking Tool for participants who have completed all days. Put those names into a drawing pot for the grand prize. Award grand prizes and advertise winners.
9. Review evaluations and note for future program planning.

## Sample 5 A Day - 5 A Week Flyer

# Are You Up For the 5 A Day - 5 A Week Challenge?

We challenge you to eat five fruits and vegetables a day, engage in some form of physical activity five times a week and do five activities per week that reduce your stress level!

When? *Enter Date Here*

Where? Texas Department of Health

How Long? One month

What do I get for this?

- A prize for each week completed
- A healthier diet with less fat
- A healthier mind and body with more exercise
- A chance to win a grand prize

Who to contact to sign up?

*Enter Contact Information Here*

Sign Up ends *Enter Date Here*

# Chapter 2

## Participant Guide

Welcome to 5 A Day - 5 A Week! During the next four weeks you will be learning about healthy food choices, physical activities, and stress relievers that can reduce your risk for numerous chronic diseases. Our focus is on eating five servings of fruits and vegetables a day, exercising at least five times a week, and doing at least five activities a week that reduce your stress level. The type of fruits and vegetables are up to you, excluding french fried potatoes, potato chips and other high fat choices.

The physical activity you choose should fit your current health fitness status starting with low intensity activities - such as gardening and walking for beginners, then working toward moderate intensity - like swimming, and finally to vigorous intensity - such as aerobics and jogging, as your health and fitness improves. You should accumulate 30 minutes of physical activity each day. If time is limited, you can break-up your daily exercise time into 3 - ten minute sessions or 2 - fifteen minute sessions for a total of 30 minutes daily.

The stress relief activities you choose are up to you. On the back of each weekly log sheet you will find a list of ideas, but you know the most about what relieves your stress. The one rule we have pertaining to the stress relief activities is that you can not count additional physical activity as a stress relief activity. Although physical activity is a good way to reduce stress, we want you to use your stress relief activities to focus on mental health/relaxation or well-being techniques of stress relief.

The guidelines are as follows:

1. Contact your Program Coordinator to sign up by ***Enter Date Here***.
2. Pick up your registration pack and first week log sheet by ***Enter Date Here***. Return the registration paperwork, and registration fee to your Program Coordinator.
3. Begin recording the fruits and vegetables you eat, the physical activities you engage in and your stress relief activities starting ***Enter Date Here***. Continue recording your activities and servings of fruits and vegetables for each day through Sunday.

4. Bring your completed log sheet to the location designated by your Program Coordinator on ***Enter Date Here***. The Program Coordinator will check the sheet, collect it, and give you the first week prize. You then receive your next week's log sheet to begin recording on Monday and follow through to Sunday. Complete weeks 3 and 4 the same. Use the following schedule as a reminder:

***(Sample Date Outline)***

1st week - Monday, September 2nd - Sunday September 8<sup>th</sup>  
Prize #1

2nd week - Monday, September 9<sup>th</sup> - Sunday, September 15<sup>th</sup>  
Prize #2

3rd week - Monday, September 16<sup>th</sup> - Sunday, September 22<sup>nd</sup>  
Prize #3

4th week - Monday, September 23<sup>rd</sup> - Sunday, September 29<sup>th</sup>  
Prize #4

5. All log sheets must be turned in to the Program Coordinator by the end of day on the Monday of the following week. The Program Coordinator will let you know a time and location to bring your log sheets for turnin and weekly prize pick-up.
6. Turn in the final week on ***Enter Date Here*** to your Program Coordinator.
7. All log sheets will be evaluated for completeness. Although you should strive for 5 servings of fruit and vegetables per day, 5 days with physical activity and 5 stress relief activities per week, we will consider the week completed as long as your log sheet shows that you have genuinely tried to meet the 5-5-5 goal.

There it is! Simple, healthy, and life changing! See if you can meet the 5 A Day - 5 A Week Challenge!!

# 5 A Day Log Sheet

Take the 5 A Day - 5 A Week Challenge! Week 1



Mark down the 5 fruits & vegetables that you eat every day for one full week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____	5. _____	5. _____	5. _____

Mark down the physical activity that you perform each day for 5 days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____

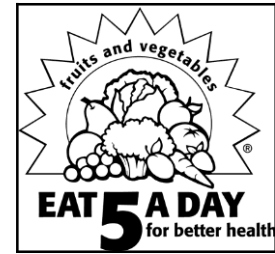
Mark down the stress relief activity that you perform each day for 5 days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____



# 5 A Day Log Sheet

Take the 5 A Day - 5 A Week Challenge! Week 2



Mark down the 5 fruits & vegetables that you eat every day for one full week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____	5. _____	5. _____	5. _____

Mark down the physical activity that you perform each day for 5 days.

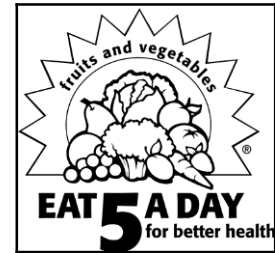
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____

Mark down the stress relief activity that you perform each day for 5 days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____

# 5 A Day Log Sheet

Take the 5 A Day - 5 A Week Challenge! Week 3



Mark down the 5 fruits & vegetables that you eat every day for one full week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____	5. _____	5. _____	5. _____

Mark down the physical activity that you perform each day for 5 days.

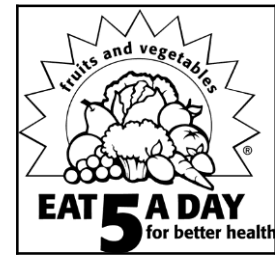
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____

Mark down the stress relief activity that you perform each day for 5 days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____

# 5 A Day Log Sheet

Take the 5 A Day - 5 A Week Challenge! **Week 4**



Mark down the 5 fruits & vegetables that you eat every day for one full week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____	5. _____	5. _____	5. _____

Mark down the physical activity that you perform each day for 5 days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____

Mark down the stress relief activity that you perform each day for 5 days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____	1. _____	1. _____	1. _____	1. _____	1. _____	1. _____

### What's a Serving of Fruits and Vegetables?

1. Medium fruit or 1/2 cup of small or cut-up fruit
2. 3/4 cup of 100% fruit juice
3. 1/4 cup of dried fruit
4. 1/2 cup of raw or cooked vegetables
5. 1 cup of raw leafy vegetables (lettuce, spinach)
6. 1/2 cup of cooked beans or peas (lentils, pinto beans, black beans)

The following chart is designed to give you an idea of the various forms of exercise that can be performed. The duration listed is the amount of time recommended for the optimal beneficial effect on the body. New recommendations suggest activities be done so that you accumulate 30 minutes of physical activity each day to help reduce your risk of numerous chronic diseases.

<u>Activity</u>	<u>Duration</u>
Aerobics	45 min
Baseball/Softball	7 innings
Basketball	1/2 hour
Brisk Walking	1 hour
Canoeing/Kayaking	2 hours
Climbing Up Stairs	20 min
Cycling	1/2 hour
Cycling (Stationary Bike)	1/2 hour
Football	1 hour
Golf, (No Cart)	9 holes
Golf (With Cart)	18 holes
Jogging	1/2 hour
Running	15 min
Skating/Rollerblading	45 min
Soccer	1/2 hour
Swimming Laps	1/2 hour
Tennis	1 hour

### Do something relaxing five days this week. What's stress relieving for some people is stressful for others.

Here are some suggestions.

- \* Tell three jokes or share three cartoons
  - \* Take a walk
  - \* Give a sincere compliment
  - \* Listen to music or a relaxation tape
  - \* Take a drive in the country
  - \* Go to a movie
  - \* Shop for and/or tend to your plants
  - \* Read a mystery or romantic book
  - \* Buy a new magazine
  - \* Write a letter
  - \* Look at photo album
  - \* Play a board game
  - \* Frame some pictures
  - \* Play music
  - \* Visit a museum
  - \* Give someone a gift
  - \* Paint a picture
  - \* Visit a neighbor or shut-in
  - \* Take a bubble bath
  - \* Work on a hobby
  - \* Plan a vacation
  - \* Plan a day at the park
  - \* Watch the sunset or sunrise
  - \* Buy a tape or CD
  - \* Go window shopping
  - \* Send a card
  - \* Go out for Sunday brunch
  - \* Get a massage
  - \* Take a parents night out
  - \* Watch the stars (star gazing)
  - \* Go on a picnic
  - \* Play with your pet
  - \* Take part in faith activities / Meditate
  - \* Sing out loud
- 
- \* Volunteer your time
  - \* Cook/ Try a healthy new recipe
  - \* Other - your choice

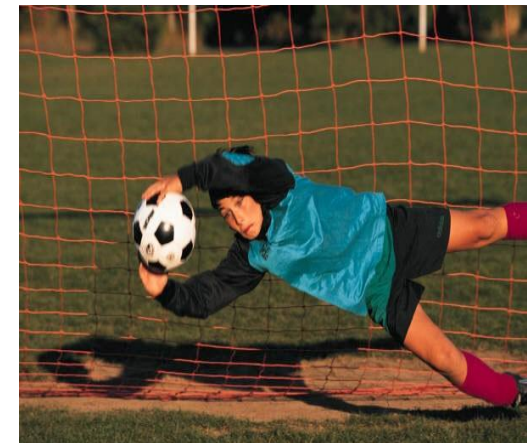
### Lighten Your Load

Studies show that 75% to 90 % of visits to primary care physicians are for stress-related problems.

Over 89% of adults describe experiencing "high levels of stress" and most say they are under much more stress now than they were five or 10 years ago

### Tips to Handle Stress and Relax

1. Talk to someone about what is bothering you
2. Do something to get your mind off the stressful situation: walk, read, watch a movie
3. Make a "to do" list: organize your activities
4. Accept and be ready for change
5. Start a hobby or join a community group
6. Take a long bath or get a massage
7. Take care of yourself (eat right & exercise)





# 5 A Day - 5 A Week Newsletter

## Salad Improvement Days Are Here

Tired of the same old tossed greens dripping with dressing? Or another creamed cole slaw? Here are some great ideas for low-fat, fiber-rich salads you can try at home:

**Pasta Salad:** Try a pasta salad that's more vegetable than pasta; top it with reduced-calorie dressing or oil and vinegar with a dash of oregano, basil, and black pepper.

**Bean Salad:** Add some new kinds of beans to your favorite bean salad and toss with reduced-calorie dressing.

**Potato Salad:** Try new or red potatoes and leave the skin on; add color and flavor with vegetable touches, like grated carrot or green pepper; toss with a low-fat yogurt or reduced-calorie mayonnaise dressing.

**Chicken or Turkey Salad:** Combine chicken or turkey meat with onion, celery, grapes, or raisins, and mix with a dressing made from low-fat yogurt, reduced-calorie mayonnaise, and curry powder.



**Rice Salad:** Mix a variety of vegetables into white or brown rice. Add some raisins and chopped apples and mix with reduced-calorie dressing.

## Fruit: Taste Delight

It's not so hard to get 2 to 4 daily servings of fruit. Think of all the time and places to enjoy fruit.

- a topping on cereal, non-fat yogurt, or low-fat cottage cheese
- fruit or fruit juice at breakfast
- angel food cake topped with strawberries or blueberries
- lemon ice topped with strawberries or blueberries (either whole fruit or puree)
- frozen fruit bars: try making your own with fruit juice
- half of a small melon (cantaloupe or honeydew) filled with berries and topped with fresh lemon juice or non-fat yogurt
- fruit kabobs made with chunks of fresh fruit and served on a skewer (try grapes, melon balls, strawberries, kiwi, and bananas or make up your own colorful and refreshing creations)

# Exercise Do's and Don'ts

Every day people start exercise programs without knowing the basics. What is the correct way to exercise? What exercises should I do? What exercises should I avoid?

The following list suggests helpful tips and exercises to avoid. Some of them may surprise you. But these Do's and Don'ts of exercise are important if you want to prevent an injury.

**Do** exercise every day in some small way, and set aside a special time, the same time each day, so that some activity becomes part of your daily routine. Use a chart to log your exercise progress and reward yourself for consistency (exercising every day for two weeks) or for reaching a certain goal. Be sure your reward is not centered around a high calorie food!

**Do** follow the fitness format of a warm-up, work-out, and cool down.

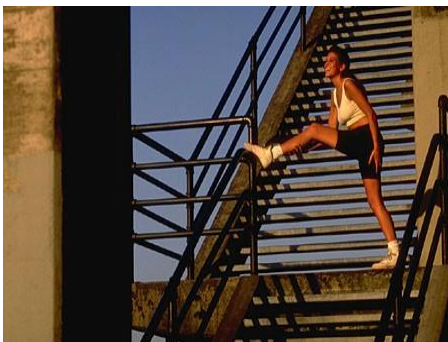
**Do** replace fluids as you exercise. It is a good idea to drink a glass of water 15 minutes before exercising and carry a water bottle with you during your efforts.

**Do** remember to have fun! Exercise with a friend, play music, enjoy the outdoors.

**Don't** push yourself beyond what feels comfortable. And don't compete with the exercising pace of a friend. Know your own abilities and limits.

**Don't** bounce when you stretch. Bouncing tends to tear muscle tissue and cause soreness. The best way to perform a stretching exercise is through a slow steady stretch, holding the position for a few seconds.

**Don't** do deep knee bends or squats past 90 degrees (don't lower your hips below the knees). Avoid over stressing the muscle and ligaments of the lower back. Don't do any movements where your arm or leg joints are "locked" (such as standing toe touches). Keep your arms and legs slightly flexed and able to move even while performing a stretch.



**Don't** take your neck for granted! Avoid full head circles, "yes-no" head movements which tilt the head too far back, abdominal crunches that jerk the head forward while curling up, or the shoulder stand. These exercises could pinch the nerves at the base of the spine, compress the spinal disks or reduce the blood flow to the brain which may cause dizziness.

**Don't** be fooled and injured by "hard-core abdominal" exercises. For example, the traditional full sit-up could put excessive pressure on the lower back. A recommended way is a shoulder-lift off the floor, arms crossed in the front over the chest - not pulling with your hands behind your neck. Your knees should always be bent, your lower back flat on the floor. Lift your shoulders and tighten your abdominal muscles only.

**Don't** do double leg lifts or even single leg lifts with your legs straight (keep your knees flexed). Don't allow your lower back to arch off the floor unsupported.

**Don't** believe the myths that working out "hard" is the best way to get results. Injury may be your only reward. Pain is not gain in the lifelong fitness game.

**Don't** get discouraged! Fitness can be improved at any age and any stage of "ill-repair"! Take things slowly and give yourself a realistic time frame for noticing improvement. You can do it, but not overnight!

Adapted from HealthNet New Mexico Foundation, 1998



# 5 A Day - 5 A Week Newsletter

## 5 Or More Fruits and Vegetables A Day

Suggesting that we have 5 or more servings of fruits and vegetables every day is one thing. Doing it is another. If you're having difficulty fitting fruits and vegetables into your daily eating pattern, here are some helpful hints:

### Have them at lunch!

- If you brown-bag it, include some cut-up vegetables like carrots, broccoli, cherry tomatoes, zucchini, red or green peppers.
- Have a vegetable soup - black bean, split pea, navy bean, minestrone, or tomato. Just watch out for creamed soups which can be high in fat and cholesterol.
- Bring from home a piece of fruit to enjoy with lunch.
- Save some vegetables from last night's dinner and warm them up at the office.
- Add chopped fruit or berries to muffins, cakes or cookies.
- Steam almost any kind of vegetable, squeeze on lemon juice and serve.
- Try some new combinations of frozen vegetables. There may be some varieties you haven't tried.
- Top your frozen yogurt with pineapple or papaya.
- Try a vegetable plate for a main course.

### Have them as a snack!

- Store leftover vegetables in the refrigerator with a low-calorie salad dressing marinade for quick and nutritious snack treats.
- Try some cut-up vegetables and a low-fat yogurt dip.
- Nibble on grapes or raisins.
- Have a frozen fruit juice bar from the cafeteria.

### Emphasize Variety!

- The next time you have a stew, casserole or mixed dish that calls for vegetables, add 4 or 5 kinds instead of 2 or 3.

### Balance out your days!

- Some days it's just impossible to manage even 3 servings of vegetables. So, balance the day out with bigger than usual servings or have a few extra servings over the next couple of days.



# EXERCISE: A GREAT WAY TO START THE DAY

It's easier to exercise in the morning because:

- You will have completed your exercise before other things take priority, or you run out of time and motivation at the end of the day.
- You only have to take one shower a day. You won't have to get dressed, undressed, and dressed again or redo your hair and make-up.
- You will feel better - even if your sleep was limited. Exercise gives you an added energy boost.

If you're going to exercise in the morning, it's very important to begin with a slow, gradual warm up period. Your muscles are generally a little tighter and need to be loosened after a night's sleep. A lower intensity exercise (walking, easy bike pedaling, swimming, etc.) followed by a stretching routine will prepare you for your exercise and prevent injury and soreness.

If you can't imagine yourself exercising first thing in the morning, try some alternative measures, but do try to schedule your exercise routine later in the day.

Alternative measures which are mini-energizers might include the following:

- Getting off the subway/bus stop early and walking the extra blocks to work.
- Walking up steps, preferably one flight or more.
- Walking around your building during breaks or strolling through your neighborhood after dinner.

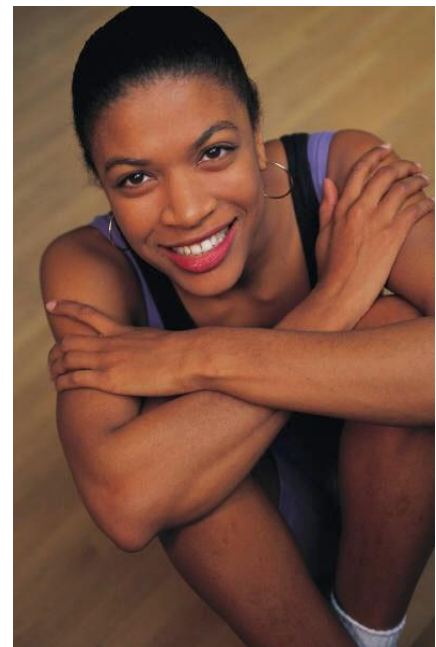
Start your day by exercising and experiencing the difference it makes in your energy level throughout the day! And, don't forget to follow up with a healthy breakfast.

## Shape Up Question

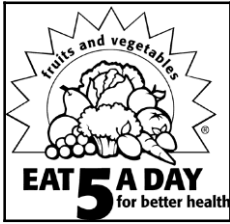
"Spot" exercise helps you lose fat in specific areas? True or False

**FALSE:** You can not exercise a "spot" of fat away. When your body loses fat, it loses fat from all over. Specific exercises - like leg lifts and abdominal exercises - promote the toning of muscle groups. A toned muscle is a leaner, tighter muscle. That is why you may lose inches from these exercises yet the amount of actual body fat has not been changed.

A good exercise goal that will help anyone lose weight is: any form of continuous movement for 30 minutes or more. One caution: Beginning exercisers may not be able to maintain the activity for 30 minutes at the start. Don't despair - this is not "the impossible dream." Start exercising at a comfortable pace and length of time. Gradually increase your time and make every attempt to exercise on a regular basis.







# 5 A Day - 5 A Week Newsletter

**EXERCISE.** Eating a variety of healthy foods is important, but it's only half of the story to achieve long-term success with weight loss. The other part of the equation depends on regular physical activity. Physical fitness is to your body what fine tuning is to a car engine. It allows you to reach your potential and maintain it. There are a lot of good reasons for most people to increase their physical activity. But many Americans can't seem to find the time or just plain aren't willing to try. That's hard to believe when you look at some of the benefits:



- **Exercise often helps control your appetite.** Physical activity does not necessarily increase your appetite. In fact, regular exercise often has the opposite effect.
- **Exercise keeps your whole body healthy.** Exercise helps maintain a healthy heart and lungs, muscle strength, endurance, and flexibility.
- **Exercise burns up calories -- but don't be mistaken about how many calories.** For example, you would have to walk moderately fast (3.5 mph) for 60 minutes to burn off the calories (300) in one-eighth of an apple pie.

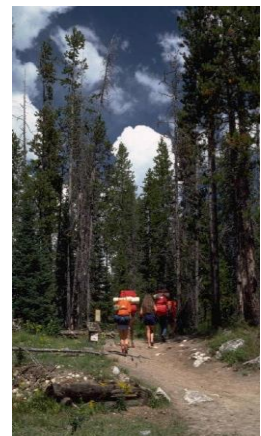
## Maintaining A Balance

The combination of regular physical activity and sound nutrition is the only proven method for losing excess body fat and maintaining a healthy body weight. Try the winning combination and feel great about yourself--you'll like the results!

Try some of these tips to increase your activity throughout the day:

- Think of physical activity as an essential good habit. Schedule it into your day as you would any other important task. Soon it will become second nature, like brushing your teeth.
- Exercise in the morning to get a jump-start on the day.
- For a true "power lunch," walk a few miles, then eat a low-fat lunch.

- Take a walk, hike, or ride on the wild side!! Climb a mountain or hike outdoors. Once you're in motion, enjoy the fresh air and scenery.
- Walk up and down the stairs instead of taking the elevators. The extra effort can make a big difference!
- Add a short walk to your commute--park at the far end of the parking lot, get off a subway/bus stop early, or get dropped off a few blocks away from your office building.



# Eating 5 While You Travel

When you're on the road - whether for business or pleasure - it's sometimes hard to eat 5 or more servings of fruits and vegetables daily. With a little planning, though, it is possible to enjoy the fruit and vegetable choices you have when you're at home. Here are some ideas:

## Flying

Pack a fruit or vegetable snack to enjoy instead of the peanuts served and other travelers will envy you.

## Restaurants

- Look for a restaurant that has a salad bar with a wide selection of high-fiber foods (kidney beans, broccoli, carrots, spinach, fruit). Remember to use only a small amount of low-fat dressing and watch out for high-fat items (bacon, cheese, potato salad with mayonnaise, pasta salad loaded with high-fat salad dressing).
- When ordering a prepared salad, ask for low-fat dressing on the side, so you can control the amount you use.
- Order an extra vegetable.
- When you order a baked potato, ask for margarine and topping on the side or try low-fat plain yogurt or salsa.
- Ask for no butter or sauce on your vegetables.

## On The Road

You're driving along and a snack attack happens. What are your options?

- Stop at a fast food restaurant. Many now serve juice and some have salad bars or baked potatoes.
- Stop by a supermarket and pick up some fruit or a quick salad from the salad bar.
- Stop at a convenience store or deli for fruit; they'll certainly have 100% fruit juice.

## Taking It With You

Pack some of these for your next car, train, or plane trip:

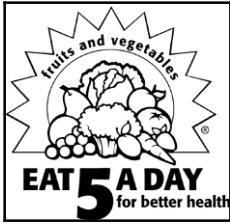
peaches	zucchini sticks
plums	raisins
grapes	dried fruit
bananas	cherry tomatoes
apples	carrot sticks

## Fitting In Fast Food

Fast foods can fit into a healthy diet. Here's some tips to help you select healthy foods when eating fast.

- Choose broiled or grilled items. Avoid fried or crispy items.
- To balance your meal, add a salad with low-fat or fat-free dressing.
- Skip the large fries. A large order of fries can add as much as 22 grams of fat and 450 calories.
- Ask for low-fat or fat-free options such as hot sauce, ketchup or mustard. Extra tomatoes, lettuce and onion are good choices also. Cheese, mayonnaise, regular salad dressings and creamy dipping sauces can add a lot of fat and calories.
- Take along a piece of fruit like a banana or orange. Adding fruit to your meal can fill you up and help you achieve your 5 A Day goal.





# 5 A Day - 5 A Week Newsletter

## Why Emphasize Fruits and Vegetables?

Most experts suggest we increase the amount of vegetables and fruits we eat each day. They make this recommendation because vegetables and fruits are:

- low in fat
- good sources of fiber
- rich in many of the vitamins and minerals we need for good health
- good sources of other compounds that may reduce the risks of some types of cancer

Translating this recommendation into breakfast, lunch and dinner means having every day:

## 5 or more servings of fruits and vegetables

What is a serving:

*Vegetables:* 1 cup raw leafy greens; 1/2 cup other vegetables, cooked or chopped raw; 3/4 cup 100% juice

*Fruits:* 1 medium piece of fruit; 1/2 cup chopped, cooked, or canned fruit; 3/4 cup 100% juice

## Getting the Most out of Vegetables

When vegetables are boiled in water, some of the nutrients are lost. Here are some ways to prevent that from happening:

**SERVE THEM RAW.** Try a platter of cut-up raw vegetables or a tossed salad with a low-fat dip, such as plain low-fat yogurt mixed with curry powder or dill with dinner.

Take along some snow peas, cherry tomatoes, or cut-up zucchini to snack on at work or on the road.

### **SERVE THEM MICROWAVED OR STEAMED.**

Nutrients aren't lost as readily when vegetables are microwaved or steamed. Turn your saucepan into a steamer by inserting an inexpensive metal rack. Steam briefly so vegetables stay crunchy.

**SERVE THEM STIR-FRIED.** Vegetables will keep most of their nutrients if they are chopped into bite-size pieces and immediately stir-fried in a non-stick skillet with only a small amount of oil.

**SAVE THE SKIN!** You'll get more fiber from vegetables (and fruits) if you can eat the skin.

- Liven up your lunch time vegetable salad with slices of colorful fruit.
- Try something new for a mid-day snack; a crisp apple, tangy orange or sweet raisins.
- Grill kabobs of sliced fruit (pineapple, pear, grapes), chicken chunks, onion, zucchini, and peppers (green, red, or yellow) with a dash of soy sauce for a colorful dinner time treat.



# Brave Beginnings to Get You Exercising

## Getting Started

Don't try to make up for the last five days of inactivity during your first day of exercise! Begin slowly, gradually increase the time you exercise. Allow your body to adjust to the new active you!

Get your doctor's OK before you begin, especially if you're over 35.

## Exercise Regularly

A warm-up will help prevent muscle soreness and injury. It will also prepare your body's most important muscle, the heart, for exercise. Although a minimum of 30 minutes of continuous movement is recommended for cardiovascular improvement, beginners may not be able to exercise that long. Your cool-down should gradually slow down your exercise pace, allowing your heart rate to return to normal. Your cool-down should also include some stretching to promote flexibility.

## Be Careful

Injuries are avoidable! The majority of fitness injuries are caused by overuse and abuse. Remember, pain is not the name of the game.



## Avoid Shortcuts

Shortcuts simply do not work. There are no "machines and exercise gadgets" that exercise for you while you relax! The efforts and energy for exercise must come from you, not fad, or mechanical devices.

## Look for Results

Benefits of regular exercise, begin safely and continue regularly, can include: improved physical condition and physical appearance, lower risk for high blood pressure and cardiovascular disease, weight loss (when combined with wise eating habits), and a more positive mental outlook.

## Action Steps

Use the guidelines above to answer the following questions:

1. What activities do you enjoy?
2. What new fitness activities would you be willing to try?
3. Have you asked your doctor if it is OK to begin an exercise program?
4. What's the best time of day for you to exercise regularly?

### Remember

Record your weekly exercise activities on your "5 A Day - 5 A Week" log sheet. After a few weeks you should be able to identify the fitness activities you prefer and regular time that fits into your schedule.



# Program Evaluation

We want your opinion of the Five a Day - Five a Week Program. Please answer the following questions to let us know what we did well and what areas need attention. Please answer the following questions by circling your response. Your feedback is important!

<b>Program Content</b>	<b>Agree</b>		<b>Neutral</b>		<b>Disagree</b>
1. The materials were easy to read.	1	2	3	4	5
2. The materials were useful.	1	2	3	4	5
3. The materials were easy to understand.	1	2	3	4	5
4. The staff were helpful and friendly.	1	2	3	4	5
5. The staff were available to answer questions.	1	2	3	4	5

<b>Program Action</b>	<b>Agree</b>		<b>Neutral</b>		<b>Disagree</b>
1. It was easy to eat five or more servings of fruits and vegetables a day for one month.	1	2	3	4	5
2. It was easy to exercise five times a week for a month.	1	2	3	4	5
3. The prizes were an incentive for <b>joining</b> the program.	1	2	3	4	5
4. The prizes were an incentive to <b>finish</b> the program.	1	2	3	4	5
5. This program was fun.	1	2	3	4	5
6. This program was educational.	1	2	3	4	5

7. I purchased the following number of my fruits and vegetables most days of the week from the on-site cafeteria: (Circle one of each)

Daily:   None    1-2 servings    2-3 servings    3-4 servings    4-5 servings

Weekly: None    1-2 servings    2-3 servings    3-4 servings    4-5 servings

<b>Personal Action</b>	<b>Agree</b>		<b>Neutral</b>		<b>Disagree</b>
1. I noticed a change in my daily eating choices.	1	2	3	4	5
2. I noticed a physical change after the month long program.	1	2	3	4	5
3. I feel better now after completing the program.	1	2	3	4	5
4. I will continue to exercise five times a week.	1	2	3	4	5
5. I will continue to eat five or more servings of fruits and vegetables per day, every day.	1	2	3	4	5

**\*\*OVER\*\***

6. I adopted the following physical activity routine:

7. I adopted eating the following fruits and vegetables regularly:

**Program Follow Up**

1. The program would be more effective if:

2. The materials would be more effective if:

3. I will be able to continue the program on my own if:

4. Please contact me in three months to see how I am doing. (Optional)

Name\_

Program\_

Email

Phone\_

**Thank you for your participation!**

# Wellness Kit Evaluation

## Worksite Wellness Kit Evaluation

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We appreciate any comments or suggestions you have concerning the Worksite Wellness Kit. The information and suggestions you provide will be helpful in future updates and program development. Please complete this form after implementing the program, then mail to the address at the bottom of this page.

Name of Program Kit:

1. How much of the kit did you read and complete or implement? (Circle One)

All of it      Some of it      Did not complete or implement

2. What sections of the kit did you find useful?

3. What sections of the kit did you find least useful?

4. When did you use the guide?

5. How many people participated?

6. How many people received information

7. How successful was the program based on your expectations? (Circle One)

Very Successful      Somewhat Successful      Not Successful



8. What was the overall satisfaction from the people who participated?  
(Circle One)

Very Successful

Somewhat Successful

Not Successful

9. How can this program kit be improved?

Name\_

Program\_

Email

Phone\_

Thank you for your assistance!

Cardiovascular Health and Wellness Program  
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