

# NEAT Fact Sheet

## "Find Your Balance between Food and Exercise"

- **For health benefits, exercise should be moderate to vigorous and add up to at least 30 minutes per day.**
- **Moderate exercise examples:** Walking briskly, hiking, yardwork/gardening, dancing, golf (if walking and carrying clubs), bicycling, and lifting weights
- **Vigorous exercise examples:** Running/jogging, bicycling over 10 miles/hour, swimming laps, aerobics, walking very fast, heavy yardwork, heavy weight lifting, competitive basketball
- **Benefits of exercise:**
  - Improves self-esteem and feelings of well-being,
  - increases fitness level,
  - helps build and maintain bones, muscles, and joints,
  - builds endurance and muscle strength,
  - enhances flexibility and posture, helps manage weight,
  - lowers risk of heart disease, colon cancer, and type 2 diabetes,
  - helps control blood pressure,
  - reduces feelings of depression and anxiety
- **Carbohydrate needs during exercise:**
  - **2-4 Hours before exercise-** Consume a carbohydrate rich meal
    - Whole grain bagel with low-fat cheese or a small portion of spaghetti and meat sauce
  - **1-2 Hours before exercise-** Consume a light carbohydrate snack
    - A low-fat smoothie or fruit and a few low fat crackers.
  - **Less than 1 hour-** Drink plenty of water and avoid simple sugars (candy, soda, etc)
  - **During exercise-** The goal is to consume 15-30 grams of carbohydrate every 30 minutes depending on type and intensity of exercise
- **Don't forget to stay hydrated. It is recommended that you drink water every 15 minutes during exercise!**



