



Copyright-Free Handouts

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Use these as handouts during your event and throughout the year to promote your local health and fitness programs for women.

We welcome your comments and suggestions for the future Women's Health & Fitness Day Copyright-Free Handouts. Please call us toll-free, 1-800-828-8225.

E-mail: info@fitnessday.com

Tips for Increasing Physical Activity

Make physical activity part of your regular day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What's important is to be active most days of the week and make it part of daily routine. For example, to reach a 30-minute goal for the day, walk the dog for 10 minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim 3 times a week and take a yoga class on the other days. Make sure to do at least 10 minutes of the activity at a time, shorter bursts of activity will not have the same health benefits. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Plant and care for a vegetable or flower garden.

At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball or bowling team.

At play:

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play raquetball, tennis, or squash.
- Ski cross-country or downhill.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most important—have fun while being active!

(Source: United State Department of Agriculture — MyPyramid.gov)

General Screenings and Immunizations for Women 50+

Recommended Screenings and Immunizations for Women at Average Risk for Most Diseases

Please Note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Screening Tests	Ages 50-64	Ages 65 and Older
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH)	Every 5 years	Every 5 years
HIV test	Get this test at least once to find out your HIV status.	Discuss with your doctor or nurse.
Heart Health: Blood pressure test	At least every 2 years	At least every 2 years
Cholesterol test	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health: Bone density screen	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
Diabetes: Blood glucose test	Every 3 years	Every 3 years
Breast Health: Mammogram (x-ray of breast)	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Clinical breast exam	Yearly	Yearly
Reproductive Health: Pap test	Every 1-3 years	Discuss with your doctor or nurse.
Pelvic exam	Yearly	Yearly
Chlamydia test	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.

(Source: Adapted from U.S. Department of Health and Human Services, Office on Women's Health)

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General Screenings & Immunizations for Women 50+ (Page 2 of 2)

Screening Tests	Ages 50-64	Ages 65 and Older
Colorectal Health (use 1 of these 3 methods): Fecal occult blood test	Yearly	Yearly. Older than age 75, discuss with your doctor.
Flexible Sigmoidoscopy (with fecal occult blood test is preferred)	Every 5 years	Every 5 years. Older than age 75, discuss with your doctor.
Colonoscopy	Every 10 years	Every 10 years. Older than age 75, discuss with your doctor.
Eye and Ear Health: Complete Eye exam	Every 2-4 years Every 2-4 years or as your doctor advises you.	Every 1-2 years
Hearing test	Every 3 years.	Every 3 years.
Skin Health: Mole exam	Monthly mole self-exam; by a doctor as part of a routine full checkup.	Monthly mole self-exam; by a doctor as part of a routine full checkup.
Oral Health: Dental exam	One to two times every year	One to two times every year
Mental Health Screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Immunizations: Influenza vaccine	Yearly	Yearly
Pneumococcal vaccine		One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years	Every 10 years
Herpes zoster vaccine (to prevent shingles)	Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.	Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.

(Source: Adapted from U.S. Department of Health and Human Services, Office on Women's Health)

What's Your Risk?

Here is a quick quiz to find out your risk of a heart attack.

	<u>Yes</u>	<u>No</u>	<u>Don't Know</u>
Do you smoke?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your blood pressure 140/90 mmHg or higher, OR have you been told by your doctor that your blood pressure is too high?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor told you that your LDL ("bad") cholesterol is too high, OR that your total cholesterol level is 200 mg/dL or higher, OR that your HDL ("good") cholesterol is less than 40 mg/dL?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has your father or brother had a heart attack before age 55, OR has your mother or sister had one before age 65?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher, OR do you need medicine to control your blood sugar?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you over 55 years old?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a body mass index (BMI) score of 25 or more?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you get less than a total of 30 minutes of moderate-intensity physical activity on most days?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor told you that you have angina (chest pains), OR have you had a heart attack?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you checked any of the "yes" boxes, you're at an increased risk of having a heart attack. If you checked "don't know" for any questions, ask your doctor for help in answering them.

(Source: National Heart, Lung and Blood Institute)

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MyPyramid Amounts of Foods and Calories for a Day *(Chart for Women)*

The *MyPyramid Amounts of Foods* charts identify the amounts of foods needed from the Mypyramid food groups, based on different ages, gender, and physical activity levels. The charts are based on: Table 3 (page 12) and Appendix A-2 (page 53), 2005 Dietary Guidelines for Americans. Amounts of foods for age and activity levels represent the estimated amounts for each category.

Go to **MyPyramid.gov** for you personal plan. The numbers shown below are estimated amounts.

Women 51+ Years			
<i>Where do you fit?</i>	<i>Inactive</i>	<i>Somewhat Active</i>	<i>Active</i>
Fruits Group	1½ cups	1½ cups	2 cups
Vegetables Group	2 cups	2½ cups	2½ cups
Milk Group	3 cups or equivalent		
Meat and Beans Group	5 ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent
Grains Group	5 ounces or equivalent	6 ounces or equivalent	6 ounces or equivalent
Calories	1,600	1,800	2,000

KEY: Less Food Amounts for about 2,000 calories More Food

WHERE DO YOU FIT?

Inactive lifestyle includes only the light physical activity of typical, day-to-day life.

Somewhat Active Lifestyle includes physical activities equal to walking about 1½ to 3 miles at a3 to 4 miles per hour, in addition to typical activities of day-to-day life.

Active Lifestyle includes physical activities equal to waling more than 3 miles at 3 to for miles per hour , in addition to typical activities of day-to-day life.

(Source: Adapted from United States Department of Agriculture Food and Nutrition Service)

Food Labels

*I'm confused by all of the labels I see on foods,
like "fat free" and "low calorie."*

What do these terms mean?

Food labels can help you choose items that are lower in sodium, saturated, and total fat, trans fat, cholesterol, and calories. When you shop for groceries, look for these claims on cans, bottles, and other packaging:

CALORIE-FREE

fewer than 5 calories

LOW CALORIE

40 calories or fewer

REDUCED CALORIE

at least 25% fewer calories than the regular food items has

LIGHT OR LITE

50% less fat or 33% fewer calories than the regular food item has

FAT FREE

less than ½ gram of fat

LOW FAT

3 grams of fat or fewer

LOW SATURATED FAT

1 gram of less per serving and 15% less of calories from saturated fat

REDUCED FAT

at least 25% less fat than the regular food items has

LIGHT IN FAT

half the fat compared to the regular food item

CHOLESTEROL FREE

fewer than 2 milligrams cholesterol and no more than 2 grams of saturated fat

LOW CHOLESTEROL

20 milligrams or fewer cholesterol and 2 grams or less saturated fat

SODIUM FREE

fewer than 5 milligrams sodium

VERY LOW SODIUM

fewer than 35 milligrams sodium

LOW SODIUM

fewer than 140 milligrams sodium

LOW SODIUM MEAL

fewer than 140 milligrams sodium per 3½ Oz.

REDUCED OR LESS SODIUM

at least 25% less sodium than the regular food item

LIGHT IN SODIUM

at least 50% less sodium than the regular food item

UNSALTED OR NO SALT ADDED

No salt added to product during processing, but this is not a sodium-free food

HIGH FIBER

5 grams of more fiber

(Source: Adapted from U.S. Department of Health and Human Services — National Heart, Lung and Blood Institute)

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Try These Women's Health Websites and Toll-free Numbers

These phone numbers and websites provide important health information for women and their families. If you don't have Internet access, try your local library.

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Ask.Screen.Know.

➔ www.askscreenknow.com

Includes information about the Medicare diabetes screening benefit with access to a brochure and health recording tool to keep track of blood sugar and more.

American Heart Association

➔ www.americanheart.org
1-800-AHA-USA-1 (1-800-242-8721)

Information and education on fighting heart disease and stroke.

American Cancer Society

➔ www.cancer.org
1-800-ACS-2345 (1-800-227-2345)

Information on the American Cancer Society and cancer-related topics.

Healthfinder (U.S. Government)

➔ www.healthfinder.gov
1-800-336-4797

An award-winning Web listing hundreds of health information resources.

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National Council on Aging

➔ www.BenefitsCheckUp.org
This web-based service is designed to help older adults, their families and caregivers find the right benefits and programs to meet their needs.

The Heart Truth: A National Awareness Campaign for Women About Heart Disease

➔ www.hearttruth.gov

Medicare

➔ www.medicare.gov
1-800-MEDICARE (1-800-633-4227)

Help with Medicare questions.

Mental Health America

➔ www.nmha.org
1-800-969-6642

For a referral to specific mental health service or support program in your community.

National Diabetes Information Clearinghouse

➔ <http://diabetes.niddk.nih.gov>

National Heart, Lung and Blood Institute

➔ www.nhlbi.nih.gov
301-592-8573

National Women's Health Information Center, Office on Women's Health

➔ www.womenshealth.gov

National Women's Health Resource Center

➔ www.healthywomen.org
1-877-986-9472

Information on hundreds of women's health topics.

The National Women's Health Information Center

➔ www.4woman.gov
1-800-994-9662

Excellent U.S. government resource for women's health information and breastfeeding helpline.

U.S. Food and Drug Administration

➔ www.fda.gov
1-888-INFO-FDA (1-888-463-6332)

Information about prescription and over-the-counter drugs.

Heart Healthy Recipes

APPLE COFFEE CAKE

5 cups	Tart apples, cored, peeled, chopped
1 cup	Sugar
1 cup	Dark raisins
½ cup	Pecans, chopped
¼ cup	Vegetable oil
2 tsp	Vanilla
1	Egg, beaten
2 cups	All purpose flour, sifted
1 tsp	Baking soda
2 tsp	Ground cinnamon

1. Preheat oven to 350° F.
2. Lightly oil 13 x 9 x 2-inch pan.
3. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about a third at a time — just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35-40 minutes. Cool cake slightly before serving.

Servings: 20

Serving Size: 1, 3½ by 2½-inch piece

Nutrients per serving:

Calories: 196 • **Total fat:** 8 g • **Saturated fat:** 1 g • **Cholesterol:** 11 mg • **Sodium:** 67 mg
Total fiber: 2 g • **Protein:** 3 g • **Carbohydrates:** 31 g • **Potassium:** 136 mg

(Recipe provided by National Heart, Lung and Blood Institute)

VERY LEMONY CHICKEN

1½ lb	chicken breast, skinned and fat removed
½ cup	fresh lemon juice
2 Tbsp	white wine vinegar
½ cup	fresh sliced lemon peel
3 tsp	chopped fresh oregano or 1 tsp dried oregano, crushed
1 medium	onion, sliced
¼ tsp	salt
to taste	pepper
½ tsp	paprika

1. Place chicken in 13 x 9 x 2-inch glass baking dish.
2. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.
3. Sprinkle with salt, pepper, and paprika.
4. Cover and bake at 325° F for 30 minutes. Uncover and bake 30 minutes more or until done.

Servings: 4

Serving Size: 1 chicken breast with sauce

Nutrients per serving:

Calories: 154 • **Total fat:** 5 g • **Saturated fat:** 2 g • **Cholesterol:** 63 mg • **Sodium:** 202 mg

(Recipe provided by National Heart, Lung and Blood Institute)

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Enter the...

2010 National Women's Health & Fitness DaySM Theme Contest... \$250 Cash Prize!

On Wednesday, September 29, 2010, thousands of women across America will participate in the **9th annual National Women's Health & Fitness Day**. If you are a woman, age 18 or older, you are eligible to enter our theme contest and you could win a **cash prize of \$250**. Here are the details:

What is National Women's Health & Fitness Day?

It's a one day health and fitness celebration for America's women. National Women's Health & Fitness Day is always celebrated on the last Wednesday in September, as part of a National Women's Health & Fitness Week. **September 29, 2010** is the date to mark on your calendar!

Here's what we're looking for:

We need a slogan to help focus attention on the importance of regular physical activity for women of all ages. It should be a **short phrase** or **sentence**, upbeat and positive. Recent winning entries include *"Fitness...A Key to Healthy Living!"*, *"Make Fitness a Healthy Habit!"*, *"Fitness... Choose it for Life!"*

There will be a **\$250 GRAND PRIZE** awarded to the winner, and the slogan will appear on selected Women's Health & Fitness Day promotional materials.

Here are the contest rules:

- You must be a woman at least **18 years or older** to enter.
- Your theme must be **no longer than two lines** and must be your own **original work**.
- Your entry must be mailed to us along with your name, address and daytime phone number and must be sent or **postmarked by June 25, 2010**.
- You may enter as often as you wish.

Mail your entry to:

National Women's Health & Fitness Day
2009 Theme Contest
P.O. Box 883
Libertyville, IL 60048-0883

Or e-mail your entry to:

info@fitnessday.com