

Throughout the *Bradley Walks!* challenge, you will receive a weekly nutrition E-blast with current, evidence-based information to help you fuel your exercise and live a healthier life. Whether you are just starting your physical activity routine or are a seasoned athlete, we hope you will find helpful information and resources with nutrition tips that fit your training needs. Look for these topics in your weekly e-newsletters:

**Week 1-** Back to the basics: Introduction to Nutrition and Exercise

**Week 2-** Energy Balance

**Week 3-** Fueling for Exercise

**Week 4-** Recovering After Exercise

**Week 5-** The 411 on Sports Supplements

**Week 6-** Creating a Healthier Home & Work Environment

**Week 1:** Let's start with the basics of physical activity and nutrition for a strong foundation.

### **Exercise**

How much exercise should you aim for? The Physical Activity Guidelines for Americans recommends that adults get at least **150-300 minutes of moderate-intensity aerobic activity** (like brisk walking) or 75 minutes of high intensity aerobic activity (like running/jogging) each week, adding **moderate to high-intensity muscle-strengthening activity** (like weight training) on at least 2 days a week. You can achieve these recommendations by exercising for 30-60 minutes a day, 5 days a week.

*\* If you are new to exercise, make sure to talk to your doctor before starting.*

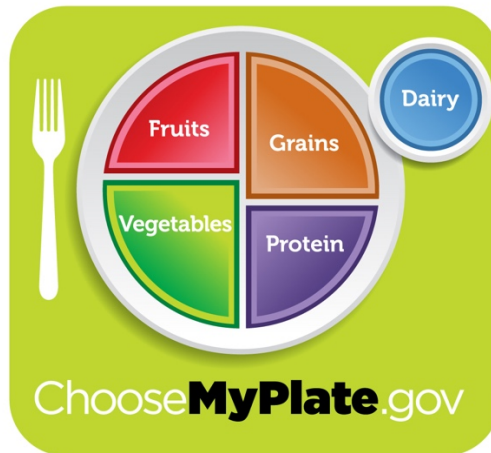
*For more information on the different types of aerobic and muscle-strengthening exercises and level of intensity, visit [www.walkacrosstennessee.org](http://www.walkacrosstennessee.org) and the additional resources below.*

### **Nutrition.**

Most of us know that a big part of a healthy life is eating a nutritious, well-balanced diet. However, there are many factors in our lives that affect how we eat: our family, culture, workplace, community, environment, and even policies all play a role in what we eat. There are also many sources that tell us what to eat and what new fad diets to follow. These messages can get very confusing! While it's true that nutrition research is constantly evolving, **achieving a general, balanced diet doesn't have to be so difficult.** There are many credible sources from the National Institutes of Health (NIH), American Heart Association, the US Department of Health and Human Services (HHS), US Department of Agriculture (USDA), Academy of Nutrition and Dietetics, and American Diabetes Association, just to name a few, that provide **simple, consistent nutrition messaging and guidelines** that are based on current research. We encourage you to check these out as they provide a wealth of valuable information!

**These following three key messages help lay a foundation to general healthy eating for life:**

- 1.) **Eat a variety of foods** from the main groups: vegetables, fruits, grains, lean protein, & dairy.
- 2.) **Choose heart healthy fats** and limit saturated fats.
- 3.) **Limit calories from added sugar** and reduce your sodium intake.



*\*Please note these recommendations do not account for medical conditions or food allergies. For individualized care, please consult with your doctor for referral to a Registered Dietitian.*

**Tips:**

- Work your way up slowly. Whether you're increasing minutes of aerobic activity, adding some pounds to your strength/weight training, or increasing speed work; make changes gradually to prevent injuries.
- Pay attention to where your nutrition information comes from. Most social media posts/blogs and celebrities who endorse certain diets & supplements are not credible sources of evidence-based nutrition information.

**Additional valuable information:**

1.) ***Physical Activity Guidelines for Americans. 2<sup>nd</sup> Edition.*** U.S. Department of Health and Human Services.

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

2.) ***Recommendations for physical activity.*** American Heart Association.

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

3.) ***Choose MyPlate.*** US Department of Agriculture (USDA). <https://www.choosemyplate.gov>

4.) ***2015 – 2020 Dietary Guidelines for Americans.*** U.S. Department of Health and Human Services. <https://www.hhs.gov/fitness/eat-healthy/dietary-guidelines-for-americans/index.html>