

November 2013

## Wheel of Portions

With Halloween ending and Thanksgiving right around the corner, we tend to eat more and exercise less. Check out the physical activity guide below as well as the portion distortion guide to help you and your family stay healthy all season long!

### Physical Activity

Use the FITT principle below to help you and your family set up an exercise routine to fit your goals and activity level!

- **Frequency**– how often you exercise. Aim for moderate exercise 5 times a week and strength training 2-3 days a week.
- **Intensity**– how hard you work during exercise. Start out light and work your way up.
- **Time**– how long you exercise. 30-60 minutes of moderate intensity exercise is recommended.
- **Type**– what kind of activity you are doing. Find activities that require you to use more than one set of muscles!

**Check out the Wheel of Activity for fun ways to stay active!**

### Portion Distortion

Portion sizes have been increasing over time. Now many portions are actually 2-3 serves!  
Here are a few tips to fight off portion distortion:

- When eating out, ask for a to-go box when you get your food. Immediately spilt the meal in half . Out of sight out of mind.
- Share meals, treats, snacks with friends!
- Divide large packages of food into smaller portions ahead of time.
- Look at the **portion size guide** for more great ideas and to help you stick to the correct serving sizes.
- Check out <http://www.choosemyplate.gov/> for more information on portion sizes.



## Be Thankful

Expressing gratitude jumpstarts courtesy and generosity. Try out the following activity as a family to express and feel more gratitude!

### Five a Day

Set a goal to express your gratitude at least **five times a day**. Include family members but don't forget others. Maybe it's someone you normally pass by, like the cheerful receptionist. Look for opportunities. Use the person's name, say what you are grateful for, and why.

Challenge everyone in your family to do "five a day" and report who they thanked and how it went and talk about it during a meal together.



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