

Wellness Guide

No.1-2014

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Exercise Pointers



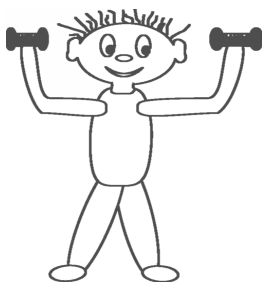
- ✓ All healthy adults 18 to 65 years old need *moderate-intensity* aerobic (endurance) physical activity for a minimum of 30 min on five days each week OR *vigorous-intensity* aerobic physical activity for a minimum of 20 min on three days each week.

- ✓ Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation. For example, a person can meet the recommendation by walking briskly for 30 min twice during the week and then jogging for 20 min on two other days.



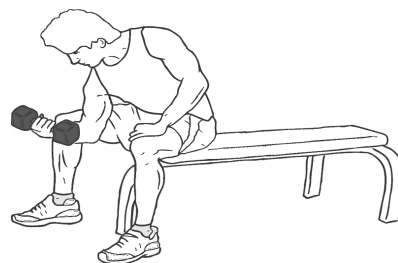
- ✓ *Moderate-intensity* aerobic activity, which is generally equivalent to a brisk walk and noticeably accelerates the heart rate, can be accumulated toward the 30-min minimum by performing bouts each lasting 10 or more minutes.
- ✓ *Vigorous-intensity* activity is exemplified by jogging, and causes rapid breathing and a substantial increase in heart rate.

Strength Training



- ✓ In addition, every adult should perform activities that maintain or increase *muscular strength* and endurance a minimum of two days each week.
- ✓ It is recommended that 8–10 exercises be performed on two or more nonconsecutive days each week using the major muscle groups.

- ✓ To maximize strength development, a resistance (weight) should be used that allows 8–12 repetitions of each exercise resulting in volitional fatigue.
- ✓ Muscle-strengthening activities include a progressive weight-training program, weight bearing calisthenics, stair climbing, and similar resistance exercises that use the major muscle groups.



- ✓ Persons who wish to further improve their personal fitness, reduce their risk for chronic diseases and disabilities or prevent unhealthy weight gain may benefit by exceeding the minimum recommended amounts of physical activity.

Source: American College of Sports Medicine and the American Heart Association

For more information on the benefits of exercise, visit

<http://www.healthypinoy.com/exercise/>

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Ideal Body Weight and Calorie Guide

Find your **ideal body weight** (based on the Body Mass Index) and **caloric needs** in the table. Use the **sample menus** below as a guide to the amount of food you eat. Add or remove food from the sample menus depending on your caloric requirement.

Height	Ideal Weight	Calories
5 ft	95-117 lbs	1,420-1,760
5 ft 1 in	98-121 lbs	1,470-1,810
5 ft 2 in	101-125 lbs	1,510-1,870
5 ft 3 in	104-129 lbs	1,560-1,940
5 ft 4 in	108-133 lbs	1,610-2,000
5 ft 5 in	111-137 lbs	1,660-2,060

Height	Ideal Weight	Calories
5 ft 6 in	114-142 lbs	1,720-2,120
5 ft 7 in	118-146 lbs	1,770-2,190
5 ft 8 in	121-150 lbs	1,820-2,250
5 ft 9 in	125-155 lbs	1,880-2,320
5 ft 10 in	129-159 lbs	1,930-2,390
5 ft 11 in	132-164 lbs	1,980-2,460

Sample 1700 Calorie Menu #1

Breakfast

Ripe Mango, 1 slice, medium
Pan de sal, 2 pieces, small
Kesong puti, 1 slice (4x4 cm)
Non-fat milk, 4 tbsp.

Morning Snack

Corned beef sandwich (2 slices bread with 3 tbsp corned beef)
Fresh mango juice, ¼ cup, pure

Lunch

Adobong pusit, 4 pieces, medium
Cabbage guisado, 2 cups
Rice, 1 cup
Kaimito, ½ piece

Afternoon Snack

Canton guisado with pork slices
Canton, 1 cup
Pork, 1 matchbox size
Melon juice, 1 cup

Supper

Chicken tinola, 1 leg, small
Green papaya and sili leaves, 2 cups
Rice, 1 cup
Rambutan, 3 pieces

Bedtime Snack

Suman sa lihiya, 1 piece (9x3 cm)
with gata, 1 tbsp.

Sample 1700 Calorie Menu #2

Breakfast

Latundan, 1 piece, small
Hamburger, 1 piece (4½ x 1 cm)
Hamburger bun, 1 piece
Non-fat milk, 4 tbsp.

Morning Snack

Lomi (1 cup) with pork liver (½ matchbox size) and shrimps (3 pieces)
Dalanghita, 1 pieces, medium

Lunch

Pork Sinigang (2 matchbox size) with radish & kangkong (1 cup) and okra & sitao (½ cup)
Rice, 1 cup
Pakwan, 1 slice (11x6 cm)

Afternoon Snack

Bologna sandwich (2 slices bread with 1 piece bologna)
Unsweetened orange juice, ½ cup, pure

Supper

Inihaw na pampano, 2 slices (7x3x2½ cm) with Laing, 2 cups
Rice, 1 cup
Sinaguelas, 5 pieces

Bedtime Snack

Plain arroz caldo, 1 cup

Source: Institute for Studies on Diabetes Foundation

For more sample menus, visit <http://www.healthypinoy.com/diet/>

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Preventive Check-up

Find your age on the top row to know the preventive care that is appropriate for you.

Men

Age >>	20	25	30	35	40	45	50	55	60	65	70	75
Blood Pressure	*	*	*	*	*	*	*	*	*	*	*	*
Smoking	*	*	*	*	*	*	*	*	*	*	*	*
Obesity	*	*	*	*	*	*	*	*	*	*	*	*
Alcohol misuse	*	*	*	*	*	*	*	*	*	*	*	*
Cholesterol				*	*	*	*	*	*	*	*	*
Aspirin						*	*	*	*	*	*	*
Colon cancer							*	*	*	*	*	*
Aneurysm										*	*	*
Pneumonia vaccine										*	*	*

Women

Age >>	20	25	30	35	40	45	50	55	60	65	70	75
Blood Pressure	*	*	*	*	*	*	*	*	*	*	*	*
Smoking	*	*	*	*	*	*	*	*	*	*	*	*
Obesity	*	*	*	*	*	*	*	*	*	*	*	*
Alcohol misuse	*	*	*	*	*	*	*	*	*	*	*	*
Pap's smear			*	*	*	*	*	*	*	*	*	*
Breast cancer			*	*	*	*	*	*	*	*	*	*
Cholesterol						*	*	*	*	*	*	*
Colon cancer							*	*	*	*	*	*
Aspirin								*	*	*	*	*
Osteoporosis										*	*	*
Pneumonia vaccine										*	*	*

Source: U.S. Preventive Services Task Force.

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