



# Florida Department of Health, Disability and Health Program

## Physical Activity and Fitness

Floridians with disabilities want to lead active, healthy and productive lives. Before starting or changing activities or exercises, always talk to your health care provider about your plans.

The Centers for Disease Control and Prevention recommendations for physical activity include:

■ Children and adolescents, ages 6 to 17 years—60 minutes or more of physical activity each day.

■ Adults, ages 18 to 64 years—at least 2 hours and 30 minutes of moderate-intensity activity each week and muscle-strengthening activities on 2 or more days a week.

■ Older adults, ages 65 and older—same as for 18-64 year olds if no limiting health conditions.

**There are many ways for children and adults to be active. To get started, think about the activities you enjoy or would like to try to be more active. You may decide that you want to:**

■ Spend time indoors and outdoors every day for a walk, roll, or run.

■ Find out more information about physical activities that you might enjoy.

■ Join friends in fitness activities—go for walks and rides together.

■ Keep a log each day—write down the physical activities you do and how long you do them.

■ Check with your local parks and recreation department to see what activities they offer.

**As you think about ways to be active, think about other ways to be healthier:**

■ Track your weight each week and keep a log for your health care provider.

■ Think about ways you might eat a healthier diet – keep a log about what you eat and how much you eat.

To get started there are some resources you may want to check out:

■ Disability and Health Program videos for persons with disabilities about health, physical activity, and healthy eating—[www.floridahealth.gov/programs-and-services/people-with-disabilities/disability-and-health-program/](http://www.floridahealth.gov/programs-and-services/people-with-disabilities/disability-and-health-program/)

■ The National Center for Health, Physical Activity and Disability has information about exercise and physical activity for persons with disability, public health professionals, health care providers, educators, and caregivers—[www.nchpad.org](http://www.nchpad.org)

■ Florida has many accessible trails for outdoor hiking—for a list of accessible trails, check out—[www.floridahikes.com/accessible-trails](http://www.floridahikes.com/accessible-trails)

■ The Centers for Disease Control and Prevention has information about physical activity and how to become more active—[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

■ The Centers for Disease Control and Prevention (CDC) guidelines for physical activity—[www.cdc.gov/physicalactivity/everyone/guidelines](http://www.cdc.gov/physicalactivity/everyone/guidelines)

■ The National Institute on Aging has 13 easy-to-follow activities for strength, balance and flexibility exercises—[www.go4life.nia.nih.gov/workout-to-go](http://www.go4life.nia.nih.gov/workout-to-go)



# Healthy Eating and Healthy Weight Tips

## Always —

Check with your health care provider before making any changes to your diet. If you have food allergies, take medications that react with certain foods, or are on a medically prescribed diet you want to be sure that any changes are okay with your health care provider.

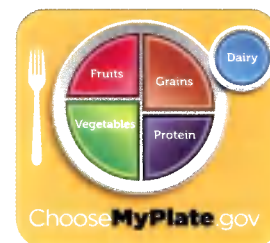
## Changing Your Diet Takes Time —

- Think about your goals—why do you want to change your diet?
- Ask your health care provider for information and resources for a healthy diet.
- Make changes slowly – keep a log with what you eat at each meal and think about what is working well for you.
- Let family and friends know about the changes you are making to your diet.

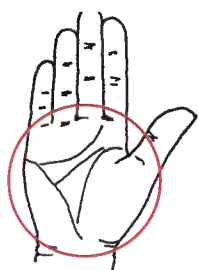
## Tips For Eating Healthy Include —

- Eat foods from each of the 5 food groups – protein, vegetables, fruit, grain, and dairy.
- Learn the right portion sizes – each day most adults, ages 19 years and older, need:

- ✓ Protein: 5 ounces – 6½ ounces (there are 8 ounces in 1 cup)
- ✓ Vegetables – 2 – 3½ cups
- ✓ Fruit: 1½ - 2 cups
- ✓ Grain: 3 – 4 ounces
- ✓ Dairy: 3 cups



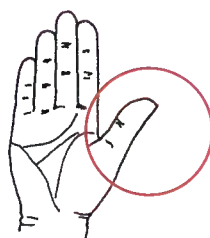
## Some Easy Ways To Eat The Right Amount Of Food



✓ 3 ounces of cooked meat, fish or poultry is about the size of your palm



✓ 1 cup of grains, fruit, or vegetables is about the size of your fist



✓ 1 ounce of cheese or 1 tablespoon peanut butter is about the size of your thumb



✓ 1 cup of milk or yogurt is about the height of your fist



✓ Count out 1 serving size of snacks or packaged foods and put the rest away



✓ Drink water instead of sugary sodas

## To get started there are some resources you may want to check out —

- The Choose My Plate website ([www.choosemyplate.gov](http://www.choosemyplate.gov)) for information about the 5 food groups and recommended portions for each, weight management and calories, physical activity, healthy eating tips, and lots more!
- The Florida Department of Health's Healthiest Weight website ([www.healthiestweightflorida.com](http://www.healthiestweightflorida.com)) for more strategies, activities, and resources.