



EATING 101 RU DINING HEALTHY?



A Weekly Newsletter Brought To You by the RU Healthy Dining Team-
A Joint Program Between RU Dining Services and the Department of Nutritional Sciences

Work out Your Daily Routine!

Feel as though you can't reach your desired body shape despite eating well? While eating the right foods in moderation is important, it goes hand in hand with physical activity. When trying to figure out how much exercise you need, remember the 30/60/90 rule! Exercise at a moderate to intense level for 30 minutes to prevent chronic disease, 60 minutes to maintain your current weight and 90 minutes to lose weight.

Since time is a precious commodity in a hectic college schedule, these numbers may not seem feasible. Don't get discouraged. It has been found that doing physical activity in ten minutes increments is just as effective as exercising for a large block of time. It is possible to fit physical activity into any busy lifestyle.

Take these steps towards a healthier lifestyle!



1. Get off the bus a stop earlier and take a walk. Missed the bus? No problem! Take matters into your own hands. (or feet!)

2. Instead of loading up your tray at the dining hall, get up in between salad, entrée, and dessert. The more trips you gain, the more calories you lose.

3. Join an intramural sports team. With so many sport options and skill levels, there is something for everyone.

4. Walk to class, the library or the dining hall! Ten extra minutes everyday can really add up.

5. Take out the vacuum! Just half an hour of vacuuming and other types of cleaning can burn about 150 calories.

Fit *fitness* into your life!



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References: Physical Activity in Your Daily Life, *American Heart Association*, Available at <http://www.americanheart.org/presenter.jhtml?identifier=2155>, Accessed on April 12, 2009

Four Ways to Get Moving, *American Dietetics Association*, 2004, Available at http://eatright.org/cps/rde/xchg/ada/hs.xsl/home_4483_ENU_HTML.htm, Accessed on April 12, 2009

Rutgers Recreation, Available at www.recreation.rutgers.edu, Accessed on April 22, 2009

Question? E-mail the Healthy Dining Team at peggyp@rci.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis, and past newsletters, view our web page at <http://food.Rutgers.edu>