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Resources: <https://www.cdc.gov/sleep/features/getting-enough-sleep.html>

<https://health.gov/myhealthfinder/topics/health-conditions/diabetes/eat-healthy#:~:text=Replace%20old%20favorites%20with%20options,%2C%20shellfish%2C%20beans%2C%2>

healthy#:~:text=Replace%20old%20favorites%20with%20options,%2C%20shellfish%2C%20beans%2C%2

Emotional Well-Being: Improving Your Physical Health

EATING HEALTHY

Healthy food groups:

- Whole fruits: 2 servings/day
- Veggies: 2 servings/day
- Whole grains: 3 servings/day
- Proteins: 1 serving/day
- Low/fat-free dairy: 3 servings/day

(A serving is typically 1 cup)

Healthy snacks:

- Apples, berries, oranges, mangos, bananas
- Broccoli, sweet potatoes, spinach, peppers
- Chicken, eggs, nuts, seeds
- Milk, yogurt, cheese

Limit sodium, added sugars, and saturated fats: read food labels to determine content.

ACHIEVING REGULAR SLEEP

Adults ages 18-60 should sleep at least 7 hours every night. Not getting enough sleep can lead to the following:

- Obesity
- Type II Diabetes
- High blood pressure
- Heart disease and stroke
- Poor mental health
- Death

Ways to improve your sleep schedule:

- Refrain from using tobacco products
- Get regular exercise
- Create a dark, quiet, and relaxing environment
- Avoid caffeine, alcohol, and big meals 3-4 hour prior to bedtime
- Go to bed and wake up at the same time

CREATING AN EXERCISE PLAN

A combination of both strength training and cardiovascular exercises are most effective. Combination exercises improve heart, lung, and circulatory health as well as help build muscle. Examples of these:

- Squats
- Lunges
- Pushups
- Planks
- Standing overhead dumbbell press
- Dumbbell rows

Exercise for 20-30 minutes each day, 4-5 days per week.

In the beginning, be sure to slowly work your way up to avoid injury and significant soreness that can hinder compliance with the plan.

Calorie Needs for Women

Age	Calories (Sedentary)	Calories (Moderately Active)	Calories (Active)
21-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-50	1,800	2,000	2,200
51-60	1,600	1,800	2,200
61 and up	1,600	1,800	2,000

Calorie Needs for Men

Age	Calories (Sedentary)	Calories (Moderately Active)	Calories (Active)
21-25	2,400	2,800	3,000
26-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-75	2,000	2,200	2,600
76 and up	2,000	2,200	2,400

HYDRATION

Staying hydrated is important because the human body is made up of about 60% water. Every cell, tissue, and organ in the body needs water to function properly. Water helps the body to get rid of waste and regulate body temperature. It also lubricates the joints, prevents constipation, and prevents dehydration.

According to the US National Academics and Sciences Engineering and Medicine, adequate fluid intake is defined as approximately 15.5 cups (3.7 liters) each day for men and 11.5 cups each day (2.7 liters) for women.



Hydration Urine Chart

