

According to the U.S. Department of Health and Human Services, unhealthy eating and inactivity causes between 310,000 and 580,000 deaths every year. Approximately two-thirds of American adults and one-third of American children are overweight or obese. The increase of obesity in the United States is due in part to a greater consumption of processed foods and lack of exercise and activity. The increasing obesity has led to a push for better nutrition and exercise.

The Impact of Nutrition on Health

A diet consisting of too much high fat, high energy food increases the risk of developing numerous health problems including:

- Heart disease
- Type 2 diabetes
- Obesity
- Hypertension
- Lipid disorders
- Stroke
- Osteoarthritis
- Cancers (endometrial, breast, colon, etc.)

Good nutrition and a balanced diet however, provide many benefits, both internal and external. It allows your body to gain the energy and nutrients that it needs to function properly. Benefits include:

- Reduced risk for many diseases
- Provides adequate energy for the body
- Promotes good sleep
- Helps maintain a healthy weight
- Improves brain function
- Immune system support
- Muscle growth and maintenance

What is a Nutritional, Balanced Diet

A balanced diet contains adequate amounts of all the necessary nutrients required for healthy growth and activity. Although there are numerous general nutritional guidelines in place for a healthy, balanced diet, no one diet is perfect for everyone.

- Don't skip breakfast
- Consume a variety of foods
- Eat smaller portion sizes
- Eat more fruits and vegetables
- Eat more whole grains
- Limit refined grains and added sugars
- Eat more fish and nuts
- Cut down on animal fat
- Stay away from trans fat
- Decrease sodium intake, increase potassium
- Be aware of liquid calories
- Eat fewer processed foods
- Choose food over supplements
- Curb cholesterol consumption
- Intake plenty of Calcium and Vitamin D
- Drink mainly water

Physical Activity and Exercise

60% of the people in the United States are inactive and only 20% of adults 18 years and over met the Physical Activity Guidelines for both muscle strengthening and aerobics. The sedentary nature of many office environments is putting more employees at risk for developing certain health issues and musculoskeletal disorders (MSDs) such as:

- Carpal tunnel
- tendonitis
- Faster muscle degeneration
- Improper calcium buildup/displacement
- Decrease in metabolic health

An increase of physical activity can make an impact on your health. Adding two and a half hours per day can result in around 350 calories burned per day, that's 20 pounds per year! Weight loss is not the only result of physical activity and exercise.

- Reduce risk of Cardiovascular Disease
- Reduce risk of Type 2 Diabetes and Metabolic Syndrome
- Reduce risk of some cancers
- Strengthens bones and muscles
- May increase lifespan

The amount of physical activity is different for each person and dependent on their fitness goals. To maintain weight, 150 minutes of moderate-intensity aerobic activity, 75 minutes of aerobic activity, or an equivalent mixture of both per week. To promote weight loss, a high amount of physical activity is necessary. Exercise coupled with a healthy and balanced diet promotes weight loss and improves health.

Health Resources

- BMI Calculator:
<http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>
- Daily Caloric Needs Calculator:
<http://www.cancer.org/healthy/toolsandcalculators/calculators/app/calorie-counter-calculator>

- Hydration Calculator:
<http://www.slenderkitchen.com/how-to-calculate-how-much-water-you-should-drink-a-day/>

References

- <http://cdc.gov/nchs/fastats/exercise.htm>
- http://cdc.gov/physical_activity/everyone/health.html
- <http://womenshealth.gov/publications/our-publications/fact-sheet/physical-activity.html>

Date	Company Name	
Project Number/Name	Meeting Location	Person Conducting Meeting

Items Discussed

Problem Areas or Concerns

Attendees

Comments
