

# PARENT HEALTH BULLETIN



Pinellas County Health Department

Steps to a HealthierFL—Pinellas County

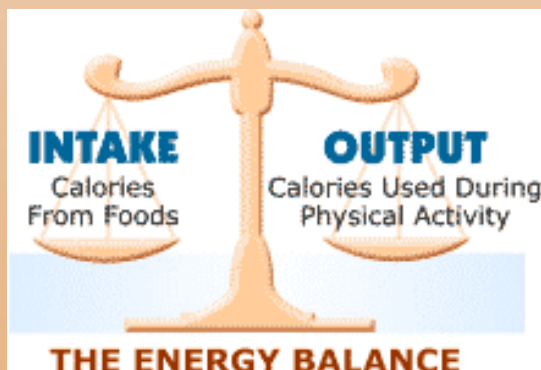
## Physical Activity Helps Balance the Scale

### Finding Your Balance Between Food and Physical Activity

Becoming a healthier you isn't just about eating healthy. It is also about being physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you burn each day.

- ☺ Be physically active for at least 30 minute most days of the week.
- ☺ Increasing the intensity or the amount of time that you are physical active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- ☺ Children and teenagers should be physically active 60 minutes everyday, or most every day.

Whether you want to lose weight or maintain a healthy weight, it's important to understand the connection between the energy your body takes in (through the foods you eat and the beverages you drink) and the energy your body uses (through the activities you do).



Calories in Food more than Calories Used equals Weight Gain  
Calories in Food less than Calories Used equals Weight Loss  
Calories in Food equal Calories Used equals Weight Control



### Did You Know?

**1 cheeseburger = 330 calories**  
= 1 hr. tennis

**1 medium fries = 380 calories**  
= 45 mins. jogging

**1 large popcorn w/butter**  
= 3010 calories  
= 4.3 hrs. running

**1 brownie sundae = 1130 calories**  
= 2.3 hrs. swimming

**1 vanilla shake = 350 calories**  
= 2.2 hrs. room cleaning

**12 oz. can soda = 155 calories**  
= 22 minutes roller blading

**1 large taco = 570 calories**



# Physical Activity Outings



**Y**ou do not have to travel far to have a fun and active weekend or afternoon. Pinellas County has a variety of parks. Plan a trip just for

the day to a new park or recreation center. Parks have many open areas for children to run, play and enjoy the outdoors. Bring Frisbees, jump ropes or footballs and have a day filled with physical activity fun.

## Pinellas County Parks

- ▶ Clearwater Sand Key Park
- ▶ Largo John S. Taylor Park
- ▶ Palm Harbor Wall Springs Park
- ▶ Safety Harbor Philippe Park
- ▶ Seminole Lake Seminole Park
- ▶ St. Petersburg Sawgrass Lake Park
- ▶ Tarpon Springs Fred Howard Park
- ▶ Tierra Verde Ft. De Soto Park

For a complete listing and locations of Pinellas County Parks  
Visit [www.pinellascounty.org/park/](http://www.pinellascounty.org/park/)

## 100 Mile Club: Walking Program

The Pinellas County Health Department and the Pinellas County Parks and Recreation Department have teamed up to offer you this exciting program. The 100 Mile Walking Club is free and can be done anywhere at anytime. Pinellas County has 26 beautiful parks, so grab your kids, your spouse, your best friend or neighbor, or get away by yourself and head out for a walk.



In Pinellas County nearly 65% of the population are overweight or obese, including over one quarter of our high school students. Including physical activity into your life you can reduce your risk of obesity and other chronic diseases. Walking is a great way to get physically active. Just about anyone can do it, it's free, it will make you live longer and feel better.

Get started by keeping a log of the miles you walk. You can download a log by going to [www.pinellaswellness.com](http://www.pinellaswellness.com) or have one mailed by calling 727-824-6901. Once you log a total of 100 miles, you're in the 100 Mile Club! Just submit your log and we will send you the exclusive, members only T-shirt, for you to wear proudly.

*What are you waiting for? Start today!*



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For information about **Steps to a HealthierFL-Pinellas County** visit our website: [www.StepsFL.com](http://www.StepsFL.com) or call 727-820-4113