

Healthy Bytes

Walking up stairs for one minute burns 9 calories.

Based on 150 lb. person.
Source: <http://www.healthstatus.com/calculate/cbc>

Maintaining a normal weight can add an estimated 11 years to your life.

Source: Aldana, Steven G., Ph.D., 2005, *The Culprit & The Cure: How lifestyle is the culprit behind America's poor health and how transforming that lifestyle can be the cure*, Mapleton, Utah, Maple Mountain Press.

Want to burn off a frosted cupcake? Push a child in a stroller for 1 hour.

*Based on a person weighing 130 pounds. Source: based on guidelines published by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, American College of Sports Medicine.

Exercise for 150 minutes a week to help lower Type 2 diabetes risk by 58%.

Sources: Diabetes Prevention Program study - <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/>

Harvard School of Public Health - <http://www.hsph.harvard.edu/nutritionsource/diabetes.html#references>

"Burning Calories with Everyday Activities" - Medical College of Wisconsin HealthLink, <http://healthlink.mcw.edu/article/908757695.html>

Eating well & being active can add an extra 6.6 years to your life.

Source: Aldana, Steven G., Ph.D., 2005, *The Culprit & The Cure: How lifestyle is the culprit behind America's poor health and how transforming that lifestyle can be the cure*, Mapleton, Utah, Maple Mountain Press.

Mowing the lawn for 1 hour can burn off the calories in a small cheeseburger.

*For people weighing between 130 and 190 pounds, calories burned for one hour of activity.
Source: based on guidelines published by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, American College of Sports Medicine.

Dancing for 11 minutes can burn the calories in a medium apple.

*For people weighing between 130 and 190 pounds, calories burned for one hour of activity.
Source: based on guidelines published by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, American College of Sports Medicine.

A slow 10-minute walk burns about 41 calories.

*Based on a person weighing 175 pounds. Source: WebMD Calorie Counter
MEDICAL REVIEW: Reviewed by Kathleen Zelman, MPH, RD, April 2007.
SOURCE DOCUMENTATION: Pollock, M.L. *Health and Fitness through Physical Activity*. John Wiley & Sons, 1978.

Quitting smoking can reduce your risk of cataracts by 23%.

Source: WebMD "Eye-Q" test St. Luke's Cataract & Laser Institute - <http://www.stlukeseye.com>
National Eye Institute - <http://www.nei.nih.gov> American Optometric Association - <http://www.aoanet.org>

Love and affection benefit the brain, heart and other body systems.

Source: National Institutes of Health - http://newsinhealth.nih.gov/2007/February/docs/01features_01.htm

Getting enough sleep helps maintain a healthier heart and metabolism.

Source: National Institutes of Health - http://newsinhealth.nih.gov/2007/April/docs/01features_01.htm

