



# SCIENCE-BACKED INSIGHTS: Avocado's Role in Supporting an Active Lifestyle

Engaging in regular physical activity is a cornerstone of good health, offering a multitude of benefits.

## Being physically active can:

- ✓ Improve brain health.
- ✓ Reduce the risk of various diseases.
- ✓ Improve balance and coordination.
- ✓ Strengthen bones and muscles.
- ✓ Aid in weight management.



## Amount & Types of Movement

The Physical Activity Guidelines for Americans outline the recommended levels and types of physical activity based on age and health considerations:

**Children and adolescents (ages 6 through 17 years) should aim for at least 60 minutes (1 hour) of moderate-to-vigorous physical activity daily.** Most of this activity should be aerobic exercises. Muscle- and bone-strengthening activities should be included at least 3 days a week.

**For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity,** or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week.

ACTIVITY TYPE	EXAMPLES
<b>Aerobic</b>	Brisk walking    Bicycling Jumping rope    Swimming
<b>Muscle-strengthening</b>	Lifting weights    Climbing a tree Doing push-ups
<b>Bone-strengthening</b>	Jumping jacks    Hopscotch Running

Please note that recommendations may differ for older adults, those who are pregnant or postpartum, and for adults with chronic disease or disabilities.

Visit [health.gov/PAguidelines](https://www.health.gov/PAguidelines) for more information.

**Interesting Fact:** Bone-strengthening activities, which are sometimes referred to as weight-bearing exercises, exert a force on the bones in your body. This force stimulates bone growth and enhances their strength.

*What's fascinating is that these activities can serve multiple purposes:*



**PROMOTING BONE GROWTH AND STRENGTH:**

As mentioned, bone-strengthening activities help bones grow stronger and more resilient.



**AEROBIC BENEFITS:**

Some of these activities can also provide aerobic (cardiovascular) benefits by getting your heart rate up, which is excellent for your overall fitness.



**MUSCLE-STRENGTHENING:**

Additionally, many bone-strengthening activities also engage your muscles, contributing to muscle strength.

*In essence, these activities offer a holistic approach to enhancing your physical health by benefiting your bones, cardiovascular system, and muscles all at once.*

## A Healthy Lifestyle = A Healthy You!

The Centers for Disease Control and Prevention recommend healthy eating and regular physical activity to prevent, delay, and manage chronic diseases. A healthy dietary pattern includes a variety of fruits, vegetables, whole grains, lean protein, and low-fat dairy products and limits added sugars, saturated fats, and sodium.

*Fresh avocados fit perfectly into this framework. They are a fruit naturally free of sodium and sugar, low in saturated fat, and contribute nearly 20 nutrients, including vitamins, minerals, and good (unsaturated) fats.*



# Science Supports Avocado As Part Of An Active Lifestyle



In a clinical trial<sup>1</sup> conducted among Hispanic families, researchers reported moderate physical activity increased among participants eating approximately four avocados, compared to about one to one and a half avocados per week over a 6-month period. Importantly, this boost in activity was not due to changes in overall calorie consumption. Moreover, the trial revealed that both groups, whether they consumed more or fewer avocados, did not experience significant increases in body mass index or blood pressure.



While more research is needed to generalize these findings to larger diverse populations, this is encouraging. It underlines the potential for avocados to be a valuable component of a health-conscious lifestyle. It's important to note that the Avocado Nutrition Center supported the study, contributing to the expanding body of knowledge on avocados and health.

**Reference:**  
1. Allen, TS, et al. "Nutritional Avocado Intervention Improves Physical Activity Measures in Hispanic/Latino Families: A Cluster Randomized Controlled Trial." American Journal of Preventive Medicine Focus. 2023.

# Fuel Your Movements

Food is your fuel and can help you feel energized for physical activity. Consuming nutrient-dense foods, like fresh avocados, every day can help you keep healthy, prevent injuries, and maximize the benefits of your exercise.

**Try these nutrient-packed recipes including avocado:**



Start your day with **Avocado Eggs Benedict**, a creative variation on a breakfast classic



Cook a quick dinner in less than 20 minutes like **Cheesy Avocado Flatbread with Mushrooms**



Enjoy crunch for lunch when eating this **Avocado, Kale, and Quinoa Salad**



Satisfy your sweet tooth with **Avocado Banana Granola Clusters**, a delicious, portable snack

Visit [www.LoveOneToday.com/recipes](http://www.LoveOneToday.com/recipes) for more meal and snack inspiration!