



NEWS RELEASE

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NEW MYPYRAMID PODCAST: THE REAL SUPER MODELS ARE ALL ABOUT A HEALTHY LIFESTYLE

WASHINGTON, Jan. 31, 2008 -- “Most super models are not posing for the camera or walking the fashion runways. The real super models are the moms and dads who are modeling lifestyles that will be reflected by their sons and daughters,” according to Dr. Brian Wansink, Executive Director of USDA's Center for Nutrition Policy and Promotion (CNPP).

In the second of a series of MyPyramid PodCasts released today, Wansink suggests how parents can model a healthy lifestyle in and around the home by building physical activity into their routines. The podcast, *Just Get Moving for Your Health and Theirs*, provides simple tips on how families can increase their level of physical activity.

Wansink offers the following tips: Take the stairs instead of the elevator; walk the dog; go for a bike ride; park at the far end of the lot when shopping for groceries; or get off the bus or subway one stop early. But whatever you do, just get moving for your health and theirs.

According to Wansink, “Our analysis of the most recent National Health and Nutrition Examination Survey data found that 2 out of 3 adults routinely watch 2 or more hours of television every day, yet only 1 in 4 adults ever walk or bicycle to work or to do errands over a month’s time. To overcome the lure of cable and computers, we must watch our diet, but just as importantly, we must become more active.”

For simple but often overlooked tips, go to www.mypyramid.gov, and choose MyPyramid PodCasts for the latest information.

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