

P[+]SITIVELY FEARLESS

SELF-CARE TIPS: DIET AND EXERCISE

Accepting ourselves, loving ourselves, and caring for ourselves starts with making thoughtful choices to show love to our bodies and minds. Proper nutrition and exercise are important parts of a successful self-care plan and have been linked to emotional, physical, and cognitive health. Check out these helpful tips on how to show love to our bodies and minds.

NUTRITION



Why Good Nutrition Is Important

- Proper nutrition helps keep your immune system strong.
- A consistently healthy diet can help reduce some side effects of medication, like upset stomach or diarrhea, which can cause temporary loss of appetite. When you have diarrhea, your body actually absorbs less of what you eat which can lower your immune system's ability to fight infections.

Simple Steps You Can Take

- Keep your diet balanced.
 - Proteins (meat, fish, beans, nuts, and seeds) can help build muscle.
 - Carbohydrates and monounsaturated fats can help build and maintain energy.
- Drink adequate amounts of liquids.
- Keep nutritious snacks on hand, such as nuts and carrot sticks.

Talk to your doctor about good nutrition and the food, drinks, and vitamins/minerals you may need.

EXERCISE



Why Exercise Is Important

- Exercise can play an important role in protecting and improving both your physical and mental health.
- It can help prevent health problems, reduce stress, and improve your energy level.

Simple Steps You Can Take

- Try to work exercise into your daily activities. Start with smaller activities, like taking stairs or walking longer distances.
- Find an activity you like and you'll be more likely to stick with it.

Talk to your doctor before you start a new physical activity. Work together to come up with an exercise plan that's right for you.

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Simple Food Preparation Tips

- **Be careful how you store and prepare your food** — this can help to protect you from infections that can be in food or water.
- **Wash your hands before preparing food** — and keep all of your kitchen tools and work areas clean.
- **Wash all fruits** — and vegetables carefully.
- **Don't eat raw or undercooked eggs** — or meat, and clean up juices from raw meat quickly.
- **Keep leftovers in the refrigerator** — and eat them within 3 days.
- **Make sure you buy and eat food** — before their expiration dates.

Tips if You're Having Trouble Eating

- **If you don't have an appetite** — try to eat your favorite foods. Reduce meal portion sizes and drink high-calorie protein shakes with your meals or between meals.
- **If you have diarrhea** — avoid fried, high-fat and high-fiber foods. Eat bland foods such as bread, and rice.
- **If you have mouth sores** — avoid citrus fruits like oranges and grapefruit. Avoid very hot or cold foods. Don't eat spicy foods. Try not to eat hard foods like chips and pretzels. Use a straw to drink liquids.
- **If you have nausea and vomiting** — keep hydrated by drinking clear liquids. Reduce meal portion sizes. Eat foods with a mild flavor. Eat foods at a medium temperature, not too hot or cold. Drink nutritional supplements and sports drinks. Sit and relax for 30 minutes after you eat.

Exercise Tips & Activities for Everyday Life

- **Vary your exercise routine** — to find new ways to keep exercising so that you do not get bored.
- **Walk a little extra** — park away from the entrance of where you're going or get off the bus a stop early.
- **Take the stairs** — instead of the elevator or escalator.
- **Get outdoors** — even if it's for a quick walk at lunch or a stroll around the building during a break.
- **Stretch and include** — all your major muscle groups.
- **Do aerobic exercise** — Dance, play a sport, or work out in a gym to get your heart rate up and build strength and endurance.
- **Lift weights or use weight machines** — Increasing muscle tone will give you more energy and provide extra strength for achieving daily activities with less trouble.
- **Cross-train** — Develop a routine for yourself that incorporates exercise, weight training, and flexibility training on a regular basis, and you'll get the best overall results.
- **According to the U.S. Department of Health and Human Services (DHHS)** — adults should exercise at least 2 hours and 30 minutes a week.
- **Try splitting the time up** — instead of exercising once per week, exercise 3 to 4 times per week, in smaller amounts. It all adds up.

The information supplied in this document is for educational purposes only. It should not be used to replace medical advice. Talk to your doctor if you have any questions about HIV, HIV treatment, or your health.

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