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MyPyramid Podcast #10: Partnering with MyPyramid Part 4: Play

Brian Wansink: Hi I'm Dr. Brian Wansink. I'm the Executive Director of the USDA's Center for Nutritional Policy and Promotion. Now we've been working with my friend Pizzaman to help him make better choices wherever he purchases food and prepares food, and wherever he works and wherever he plays. He says he has no problems here he plays, but let's see if that's really true…

Pizzaman: Ahh… play is *no problemo por* me. I do lots of fun things for play! Let's see, I do a lot of karate and I play football, too. I can surf like no tomorrow! And hey, I'm a ball player. So I've got play pretty well covered – How are you gonna improve on that?

Brian Wansink: Wow! You really need some help in that department! The companies who are partnering with MyPyramid through the Corporate Challenge are coming up with great ways to help you be more physically active and to make better choices when you play. Let's take a look…

They can set up your cell phone to call you every day with timely tips – maybe to remind you how to make smart choices just before lunch. They are organizing workshops and finding new ways for families to play together. They are promoting MyPyramid in new fitness and wellness magazines and through great community outreach projects. For kids in schools, there are education programs and nutritional coaches in PE classes. And, there's online resources help them learn and practice a healthy lifestyle. You can even get the whole family involved with new games that feature health messages. AND – a lot of these are available in Spanish, too! Here are some fun and easy tips to help you be more physically active. You don't have to run a marathon to be fit. There are many different sports and activities for different lifestyles and abilities. You can walk, bike, hike, swim, or even dance. Try and get the whole family involved, but most important… Remember being physically active should be fun! Hmmm… You know we've tried to help Pizzaman get on the right track by working with him wherever he purchases food and prepares food, and wherever he works and wherever he plays. I wonder how he's doing?

Pizzaman: Wow! Maybe I can take some steps to get healthier! Thank you, everyone, for partnering with MyPyramid and helping me on the road to Healthville!

Brian Wansink: You know, Pizzaman seemed like a lost cause, but if he can do it you can do it too! Try these tips wherever you purchase food and prepare food, and wherever you work and wherever you play. In the mean time you can find a lot more of these tips at MyPyramid.gov. See you soon!