Be Active Your Way!

What is meant by physical activity? It simply means movement of the body that uses energy. Along with healthy eating, physical activity can help prevent chronic diseases such as heart disease, diabetes, cancer and stroke. It helps control weight, builds lean muscle, reduces fat, builds strong bones, muscles and joints and reduces stress. The more physical activity you do, the greater the health benefits.

Activities can be vigorous, moderate or light in intensity. This describes how hard they make you breathe and how fast they make your heart beat. For health benefits, physical activity should be moderate or vigorous intensity. With moderate activities, you can talk while you do them, but you can’t sing. Examples are walking briskly, dancing, gardening and water aerobics. For vigorous activities, you can only say a few words without stopping to catch your breath. Examples include running, walking very fast, swimming and heavy yard work.

How much physical activity you need depends on your age. As people age, their metabolism slows, so maintaining energy balance means moving more and eating less. Adults need to be active at least 30 minutes a day, and children and adolescents at least 60 minutes each day. Add up short bursts of activity to meet your physical activity needs.

Whatever physical activity you choose to do, make sure it is something you enjoy and can do regularly. Be active your own way!

Source: United Stated Department of Agriculture

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Mmmm...Good Fruit Pizza

A healthy twist on a party favorite.

1 large egg white
1/4 cup vegetable oil
1/4 cup brown sugar, packed
1/3 cup all-purpose flour
1/4 teaspoon ground cinnamon
1/4 teaspoon baking soda
1 cup uncooked quick-cooking oatmeal
3 ounces low-fat cream cheese, softened
1/2 (6-oz.) container non-fat vanilla yogurt
Fruit for topping the pizza

Source: Iowa State University Healthy and Homemade 2012 Calendar

1. Preheat oven to 375° F. Beat egg white until foamy. Add oil and sugar and beat until smooth. Stir in flour, cinnamon, baking soda, and oatmeal.
2. Line a baking sheet with aluminum foil, spray with cooking spray and spread dough in a 9-inch circle. Bake about 12 minutes. Remove from oven and cool about 20 minutes. (Crust will not look done.)
3. In a small bowl, stir together cream cheese and yogurt until smooth. Transfer crust to plate, and spread cream cheese mixture over crust. Arrange fruit on top. Cut into eight wedges and serve.
4. Makes 8 servings
Try New Foods!

Do you have a hard time getting your family to eat right? Here are some tips to make it easier:

- Your habits help your family make smart food choices. Show by example. If you eat vegetables and drink milk, so will they.
- Have healthier foods in the house. Let others decide what to eat for a snack, for example, apples or graham crackers. You provide the healthy choices and they make the choice.
- Eat meals with your family as often as you can. Meals are a nice way to be with each other, break up busy days, talk about new foods and plan ways to be physically active.
- Keep trying new foods. It may take a few times before everyone likes them. Have a “new food night” and make a food you’ve never had before.
- Let your kids help pick foods, plan meals and snacks, and then prepare them.

It takes some time and planning but families can feel good about eating the foods they know are good for them.

Source: Loving Your Family, Feeding Their Future

Preserve Summer’s Bounty

As we enter the busy harvest season, it is time to brush up on safe food preservation procedures. Be sure to follow research-tested recipes for safe, high quality food that your family will enjoy.

Your county UW-Extension office has a wealth of information available on freezing and canning fresh fruits and vegetables with up-to-date tested recipes. The information is also available online at http://foodsafety.wisc.edu/.

Pressure canner dial gauge testing can be done at the Grant County UW-Extension Office, at no cost to you! The USDA recommends checking these gauges for accuracy before use each year. Just bring the entire lid to your county office. Testing for accuracy only takes a few minutes.

Begin the busy food preservation season by updating your resources so that you can be sure that you are preserving safe, high quality food for your family to enjoy.

After School Hummus

An inexpensive tasty treat that’s good for you!

1 can (15-oz.) reduced-sodium garbanzo beans (chickpeas) 1 Tablespoon olive or vegetable oil
2 med. garlic cloves, minced or ¼ teaspoon garlic powder 1/8 teaspoon black pepper
1½ Tablespoons lemon juice 1/2 cup plain non-fat yogurt
1 teaspoon cumin

1. Use a blender or food processor. Combine undrained garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed. (You may need to turn blender off and open the top to mix the beans with a spoon inside the blender a couple times to make sure the hummus is smooth.)
3. Cover and refrigerate for several hours or overnight so the flavors blend.
4. Serve with pita chips, crackers, or fresh veggies.

Source: Iowa State University Extension and Outreach
Let’s Walk

Walking is one of the easiest ways to be active physically. Walking is also inexpensive—all you need is a good pair of shoes.

Walking may:

- Give you more energy and make you feel good.
- Reduce stress and help you relax.
- Tone your muscles.
- Increase the number of calories your body uses.
- Strengthen your bones and muscles.
- Improve your stamina and your fitness.
- Lower your risk of chronic diseases, such as heart disease and type 2 diabetes.
- Give you an opportunity to socialize actively with friends and family.

Walking with the proper form is important, and so simple! When walking, be sure to:

- Walk with your chin up and shoulders just slightly back.
- Let the heel of your foot touch the ground first, then roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms naturally as you walk.

Walking can be done almost anywhere, at any time. In summer, a good place to walk is at your local market. Depending on the location of the farmers market, park a few blocks away or walk from home.

Enjoy the fresh morning air and sounds on your way to the market. Once you are there, walk from stand to stand, while you compare locally grown products and decide which you may like to purchase. Talk with local producers to learn more about their products. Farmers markets are great places to take family members and friends to share the experience.

Source: Weight-control Information Network

Dear Sue,

I work. I take care of the house. I have kids. I’M BUSY—and now I’m supposed to exercise 30 minutes a day (at least)?

I just don’t have time to set aside a half-hour a day for a work-out. Not to mention the drive to a gym or the pool—that’s more time! Any ideas for people like me?

Busy Bea

Dear Bea,

Many people feel they don’t have time for regular physical activity, or they’re too tired. Research shows that regular physical activity can promote mental well-being AND reduce stress. When you are especially busy, a short, brisk walk can help you feel better right away.

The good news for busy people like us is that 30 minutes of moderate-intensity activity can be broken up into three, 10-minute times throughout the day. Here are a few ideas to try:

- Park a little farther away from your destination and walk the remaining distance.
- Jog or do jumping jacks in place during TV commercials.
- Walk while you are waiting for appointments, lessons or sports practices to end.
- Do standing push-ups at the kitchen counter while waiting for a pot to boil or a pizza to bake: stand an arm’s length away, and push your body in and out.
- Take a short walk during your lunch or breaks at work.
- Try climbing stairs at home or at work.

If you can fit in a few activity breaks every day, you will get that needed exercise, plus you won’t feel guilty for not doing a 30-minute work-out.

Sue
Physical Activity Doesn’t Have to Cost A Lot!

Have you ever spent a lot of money on some exercise equipment and then never used it? Or you used it a lot at first and then lost interest?

Being physically active doesn’t have to mean spending a lot of money on special equipment. When the weather is nice, go outside and enjoy activities with your family. Go for hikes, go swimming, or play beach volleyball as a family.

Try some of these free or low-cost ideas to be more physically active:

**Free:**
- Walking in your neighborhood
- Walking at a park or nature trail
- Use school gym facilities
- Dance to music at home
- Borrow exercise videos from the library
- Work in the yard or garden

**Low-Cost:**
- Basketball, softball, soccer ball
- Jump rope, Frisbee, hula hoop, other yard toys
- Local pool or rec center membership
- Exercise videos

Sources: *Stepping Up to a Healthy Lifestyle, Wisconsin Nutrition Education Network*

**Frozen Pudding Bars**

2 packages sugar-free or regular instant chocolate pudding
3½ cups non-fat or low-fat milk
1/4 cup peanut butter
27 graham cracker squares

1. Wash your hands.
2. Mix pudding mix and milk; beat in peanut butter.
3. Line a 9”x 13” pan with half the cracker squares (three squares will be cut in half to fit pan).
4. Spread pudding mixture over crackers. Top with remaining crackers.
5. Freeze for four hours.
6. Cut into squares, wrap in plastic wrap and refreeze.

Makes 13 servings.

Source: SNAP-Ed Connection: Recipe Finder

**GOAL:** What is one thing you are going to start doing to be more active? Who or what can help you do it?

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), FoodShare Wisconsin, UW-Extension and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 1-888-794-5780 (toll free) or go to [http://access.wisconsin.gov](http://access.wisconsin.gov). To learn more about the Wisconsin Nutrition Education Program in Grant County, contact:

**Ione Meoska, Coordinator**

**Cindy Busch, Educator**

Grant County UW-Extension

http://grant.uwex.edu/
916 East Elm Street
PO Box 31
Lancaster, WI 53813
Telephone: 608-723-2125