

Poe in the Know

Tips for Increasing Physical Activity

July 2007

Volume 6

Physical Activity

Make physical activity a regular part of the day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What's important is to be active most days of the week and make it part of daily routine. For example, to reach a 30-minute goal for the day, walk the dog for 10 minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim 3 times a week and take a yoga class on the other days. Make sure to do at least 10 minutes of the activity at a time, shorter bursts of activity will not have the same health benefits. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.

At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.

At play:

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Play basketball, softball, or soccer.



Source: www.mypyramid.gov

Oven "Fries"

Ingredients:

- 3 large, all-purpose potatoes (1 1/2 pounds total) scrubbed and each cut lengthwise into 8 wedges
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon paprika (optional)
- Freshly ground pepper to taste (optional)
- Nonstick cooking spray



Directions:

1. Set oven rack on the upper level and preheat oven to 450 degrees. Coat baking sheet lightly with nonstick cooking spray.
2. Combine oil, salt, paprika and pepper in large bowl. Add potato wedges and toss to coat
3. Spread potatoes on the prepared baking sheet and roast for 20 minutes.
4. Loosen and turn potatoes.
5. Roast until golden brown; about 10-15 minutes longer. Serve immediately.

Servings:	4
Calories	160
Fat	2g
Carbohydrates	30g
Protein	3g
Cholesterol	0mg
Fiber	2g
Sodium	98mg
Potassium	934mg

Source: www.eatingwell.com

Join the Healthy Grub Club!

Ask the Educator

by Kate A. Russell, RD

Question:

I want my family and I to eat more fresh fruits and vegetables, but I think buying them at the grocery store can be too expensive, what do you recommend?

Answer:

Great question. Many people feel that filling their grocery cart with fresh produce can put a strain on their wallet. Good news...You can find fresh produce outside of your local grocery store! Have you visited your local Farmers Market? There are many local markets throughout North Carolina. You can purchase affordable, fresh produce directly from the farm, which helps support your local farmers. In addition, 58 percent of markets participate in WIC coupon, food stamps, local and/or State nutrition programs. Farmers markets also help to promote nutrition education, wholesome eating habits, and better food preparation, as well as boosting your community's economy. To hear more information about your local Farmers Market call(919) 733-7125 or visit www.ncagr.com.

Do you know what local produce is in season?? Check out all the fresh produce you can find at your local Farmers Market right now!!

"You can find fresh produce outside of your local grocery store!"

Vegetables:

Green Beans: June through September

Butter Beans: July & August

Cabbage: May through mid-December

Corn: June through mid-August

Eggplant: mid-June through mid-August

Leafy Greens: mid-March through mid-December

Okra: July & August

Field Peas: July & August

Green Peppers: mid-June through mid-August

White Potatoes: June & July

Sweet Potatoes: ALL YEAR ROUND!!

Squash: mid-May through August

Tomatoes: July through October

Fruits:

Apples: mid-August through February

Cantaloupe: July & August

Grapes: mid-August through mid-October

Peaches: May through September

Watermelon: June through August



Healthier Families

Involving the whole family is the best way to promote better eating habits and healthy activities for our children. A whole-family approach simply means that everyone—parents and kids alike—works as a team to achieve good health and well being. As with any team, there's a leader or coach— and that's you!

Lead by example: Adult family members are important role models for healthy eating and exercise. Talk about why you eat fruit as a snack, take an exercise class or go for walks.

Start 'em young: Don't wait until your child is at an unhealthy weight to institute good eating and activity habits. It's much easier to maintain a healthy weight than to lose pounds later.

Be active together: Make it usual for the family to be active, not sedentary. Being active as a family allows kids to expend energy in a positive way, and adults reap the health benefits, too.

Cook together: It may be impractical to do it every day, but invite kids into the process of preparing food. Little kids can learn math skills by measuring, and they'll begin to understand the chemistry of cooking. They'll also gain an understanding of healthy ingredients. Older kids will enjoy having the authority to select and prepare foods they like and more likely to eat what they've made. It may even inspire them to make healthy choices on their own.

Eat together: Eating a meal as a family sends the right message about nutrition. Kids will see their parents eating healthy foods and may be inspired to try new foods. They will also come to see meal time as a time for socializing and sharing. Parents get the chance to offer nutritious food, not their child's dislikes, and tune into their child's triumphs and troubles through conversation. For complete article, visit www.kidshealth.org

Source: www.kidshealth.org

Reviewed by: Dr. Mary L. Gavin, MD

Date Reviewed: October 2005