

To Your Health

January 2010

Happy New Year!

In the midst of the Holiday hustle and bustle a new year begins ... a time to reflect on the past and contemplate the year ahead. Here are a few goals to think about. Pick one or two that will benefit you the most. Work on them throughout the year.

Stick to a physical activity plan. Exercise is often the first to go when we're short on time. Working out improves your mood, releases tension, and will help you look your best. Make time for at least 30 minutes of exercise, 5 times a week.

Eat smart. Start your day with a healthy breakfast, and keep yourself revved with nutritious meals throughout the day.

Get plenty of sleep ... to help you ward off the effects of stress.

Scale back. You don't have to "do everything, be involved everywhere." Pick a few things that matter the

most to you and put your energy there.

Slow down. Give yourself a little time-out each day...for a walk, to read a good book, listen to music, whatever helps you relax.

Source: *HealthyLiving* newsletter, American Cancer Society

Keep Your Winter Workouts Going Strong

"Oh, it's so cold." And when it's cold outside, it's easy to talk yourself out of going for a walk or going to the fitness center - or even turning on that workout video at home. Here are some tips from the American Cancer Society to keep you going when the "weather outside is frightful."

- If you exercise in the morning, lay out your gear or pack your bag the night before. Fumbling around in the cold early in the morning will zap your motivation.
- Put your workout clothes in the dryer for a few minutes. Toasty warm clothing will help you ease the transition.
- Mix up your routine. Doing the same thing day after day may not keep you interested. Try a new class at the gym or fitness center, try a new workout video, add a walking partner, change your walk route.
- Invest in clothing that fits your routine. Start with a base layer that wicks away moisture. If you're exercising outdoors, the dryer you are, the warmer you'll be. Coat, hat, gloves, socks are all important for outdoor exercise. Layering is good for outdoors and indoors.

Physical activity will help you control your weight and improve your mood. It will also reduce your risk of cancer, heart disease, stroke and diabetes. So get moving!

... Take the dog for a walk.

... Try a winter sport - skiing, snow-shoeing, ice-skating.

... Shovel snow.

Source: *HealthyLiving* newsletter, American Cancer Society

Eat Smart in 2010

It's smart to add more fruits and vegetables to your family dinner - and easy, too! Adding them to your family's favorite dishes makes fruits and vegetables a routine part of meals.

- Add fresh, frozen or canned vegetables to:
 - Homemade or canned soups and stews
 - Pasta dishes
 - Omelets and egg dishes
 - Sandwiches
 - Stir fry dishes with brown rice

- Add more types of vegetables to salads, such as peas, corn and canned beans. Try adding fruit, too. Strawberries and slices of pineapple or orange (canned or fresh) bring a special sweetness to salads that children should like.

- Finish dinner with fruit. Fresh, canned, frozen - all kinds of fruits taste great by themselves, or on top of low-fat frozen yogurt.

- Try more "leafy greens" - packed with vitamins, minerals, and fiber.

...Toss leafy greens into a salad. The darker the color the more nutrition in the greens. Try Romaine and red lettuces, baby spinach, or maybe some arugula. Add a variety of colorful chopped produce - more vegetables or fruits. Orange slices and raisins go great with fresh spinach.

...Roll leafy greens into a sandwich wrap. Start with a tortilla or pita bread. Choose some protein (tuna or chicken salad, sliced turkey or roast beef, low-fat cheese, etc.). Add a layer of leafy greens. Romaine lettuce, baby spinach, and arugula are great for wraps.

Source: www.fruitsandveggiesmatter.gov and www.eatrightmontana.org

Healthy Homemade Calendar

A 2010 calendar is now available from ISU Extension that puts nutrition and fitness on the same page. "Healthy Homemade: 2010 Nutrition and Fitness Calendar" promotes healthy homemade meals and physical activity. Low cost, easy recipes and activities fill the pages. For a copy, go to:

www.extension.iastate.edu/store

The calendar is a featured item. (cost: \$2.00)

While you're on the web, visit **Spend Smart. Eat Smart.** at

www.extension.iastate.edu/foodsavings

You'll find a variety of information - budgeting, menu planning, shopping tips, eating out suggestions, recipes - and so much more!

Quick Meal for a Cold Evening

Try "Santa Fe Stuffed Potatoes" with whole wheat French bread, green vegetable salad and low-fat or fat-free milk...

Santa Fe Stuffed Potatoes

Makes 4 servings

4 medium potatoes

1 cup cooked, drained black beans

1 cup salsa

1 cup cooked or frozen corn

1 cup shredded cheese

Wash hands. Scrub potatoes and prick with fork.

Bake 45 minutes in 350 degree F oven or cook in microwave. About 10 minutes before potatoes are done stir together beans, salsa, and corn. Heat until simmering. Remove potatoes from oven. Cut in half lengthwise on plates and spoon bean mixture over the top. Sprinkle about $\frac{1}{4}$ cup cheese over each potato.

Nutrition Facts per serving: 396 calories, 88 calories from fat; 9.8g total fat, 6.2g saturated fat; 25mg cholesterol; 403mg sodium; 63.3g total carbohydrate, 9.7g dietary fiber, 5.1g sugars; 16.4g protein

Source: *Food and Fun for healthy families 2008 calendar*, Iowa State University Extension