



FALL WEEK 1

Promoting Physical Activity and Fruit & Vegetable Tracking with a Fun Team Support Environment and Friendly Competition

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College of Agriculture and Natural Resources
Extension

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BEING ACTIVE HAS MANY HEALTH BENEFITS

Source: Melissa Bess, Nutrition and Health Education Specialist, Camden County, University of Missouri Extension Missouri Family eNewsletter, April 29, 2013

Being physically active is an important part of leading a healthy lifestyle. Here are some benefits you get from being physically active and exercising:

1. Physical activity and exercise helps prevent obesity and reduces your risk for cancer. Many research studies have shown promising results indicating that physical activity helps protect against colon cancer and breast cancer.
2. Insulin sensitivity is increased by physical activity like aerobic exercise and strength training. After carbohydrates are digested, they are broken down and moved into the bloodstream as blood glucose or blood sugar. Insulin is a hormone that unlocks the cells of the body so they can take up the glucose for energy from the blood stream. As we age or become overweight, our bodies don't respond as well to insulin. Insulin resistance can lead to type 2 diabetes if blood sugar levels continue to rise.
3. Resistance or weight training helps build muscle. When done three times a week, strength training improves strength and muscle mass in people of all ages. You should perform one or two sets of eight to twelve repetitions for all the major muscles of the body.

4. Exercise helps with stress management-this may be because of neurotransmitters that are stimulated during physical activity. Anyone who exercises regularly can expect to feel less anxious, more relaxed, have better self-image and may eat healthier.
5. Your heart is healthier. Aerobic activity helps improve the functioning of the cardiovascular system, including the heart, lungs and blood vessels. Blood pressure and cholesterol levels are improved in those who are physically active.
6. Weight-bearing activities like walking, jogging and strength training help prevent bone loss and may encourage bone growth. A balanced diet, including calcium and vitamin D, along with weight-bearing activities are best to improve bone health.
7. Physical activity helps keep the whole family healthy because children and adults can participate together. If children understand the importance of physical activity and enjoy participating in it regularly, they are much more likely to remain active throughout their lives. The current recommendations for moderate-intensity aerobic activity are 150 minutes per week or five days of 30 minutes. For strength training, perform a minimum of eight to ten exercise (working all major muscle groups), doing eight to ten repetitions of each. If you aren't currently active, consult with your health care provider before beginning an exercise program. Start slowly and build up to an appropriate level.

**TAKE CARE OF YOUR BODY.
IT'S THE ONLY PLACE YOU
HAVE TO LIVE IN.**

SMOOTHIE SMART

Source: University of Wyoming Extension; September 18, 2019

A vitamin-packed smoothie is a great way to start the day, or works as the perfect afternoon pick-me-up. Here are tips on how to make your smoothies delicious and nutritious every time.

Start your smoothie with a liquid base. It's important to add the liquid to your blender before adding the fruit as this will prevent the blade from getting damaged. Here are some possibilities:

- *Milk (skim or whole) is a popular choice.
- *Soy milk works for people who are lactose intolerant, as well as adding some protein.
- *Greek yogurt (sweetened or plain) will result in a thicker smoothie.
- *Nut milk (such as almond or coconut) can change the taste of your smoothie.
- *Tea (black, herbal or chai) adds antioxidants and can tone down the sweetness.
- *Fruit juice or concentrate (any flavor) can help make your smoothie more complex if you only have one or two fruits to work with.
- *Ice cream, sherbet or frozen yogurt. If you add these items you probably won't need to add ice cubes.
- *Sparkling water will result in a lighter smoothie (try lemon or lime).
- *Water, if you have nothing else on hand, works great.

Next, add your chosen fruit. Fresh or frozen fruit will make up the base of your smoothie. However, you can make a delicious smoothie with canned or even reconstituted dried fruit. You can focus on one fruit or add several.

Figuring out a fruit combination you like is part of the fun of making smoothies! Play around until you have a texture you like. Here are some options to consider:

- *Peaches, strawberries, blueberries, raspberries, bananas, apples, mangoes, kiwis, plums, avocados and pomegranates are popular choices.

*"Juicy" fruits that contain a lot of water can also work well, such as oranges, watermelon and pineapple. Just be aware that they'll make your smoothie more water, and make up for it accordingly with a thickener such as protein powder.

If you haven't tried a smoothie made from a mixture of fruit and vegetables before, you may be surprised by the flavor. The sweetness of the fruit blends well with lots of vegetables and makes for a delicious and super-nutritious drink. Kale and spinach blend well and you won't even be able to taste them. You can also try Swiss chard, the greens of vegetables (radishes, beets, carrots, celery or kohlrabi), fresh herbs like parsley or dandelion greens, celery, beetroot, carrots, tomatoes and avocados. If greens aren't in season, purchase a green plant powder and add that to your smoothie.

If your having a smoothie for a meal, make it a more rounded meal by adding some protein. A spoonful of protein powder, peanut or other nut butter or some tofu will blend well with your smoothie and give you an essential protein boost.

If you're worried that your smoothie won't taste sweet enough, you can give it a little help with ripe bananas, honey, real maple syrup, sugar, a natural sugar substitute or artificial sweetener.

Once you have mastered the basics, try adding different flavors to your basic recipe. Add a spoonful of cocoa powder, shredded coconut, cinnamon, grated nutmeg or flavored extract before blending or give your smoothie some texture with s sprinkle of flaxseeds, toasted chopped nuts or whole oats. Not only will it taste great, but it will also keep you fuller for longer.

Once everything is in the blender, put some ice cubes on top. If you're worried about thinning the drink too much, only add 1 or 2 cubes. You can always add more later. Frozen fruit can be substituted for some or all of the ice, making for a brighter flavor. Now blend it! Put the lid on the blender and it turn it on no higher than medium speed. Once the blender starts to "digest" the fruit, turn it up one notch at a time.

Whether you enjoy smoothies for breakfast, a snack or even dessert, the are a great way to increase your daily servings of fruits and vegetables. Just a few basic ingredients blended together will render you a delicious smoothie in no time. Alternately, you can stir in some unique foods to create a truly one-of-a-kind treat!

PEACH PIE SMOOTHIE

Who doesn't love peach pie? Here is a healthy and tasty alternative to traditional peach pie from the University of Wyoming Extension "Real Food" curriculum. This is a great snack, great for breakfast or anytime! Enjoy!!!

- 1/2 cup low-fat milk
- 1/2 cup nonfat plain yogurt
- 1 cup sweetened frozen peaches
- 1 Tablespoon honey
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon ground cinnamon
- Pinch of ground nutmeg
- Pinch of ground ginger

Place ingredients in a blender and blend until smooth.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
3 servings per container Serving size 1 cup Calories per serving 80	Total Fat	0.5g	1%	Total Carbohydrate	14g	5%
	Saturated Fat	0g	0%	Dietary Fiber	< 1g	3%
	Trans Fat	0g		Total Sugars	13g	
	Cholesterol	< 5mg	1%	Includes	0g Added Sugars	0%
	Sodium	30mg	1%	Protein	6g	12%
	Vitamin D	0mcg	0%	Calcium	130mg	10%
	Potassium	0mg	0%	Vitamin A		4%
				Iron	0.36mg	2%
				Vitamin C		6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.