



FALL WEEK 3

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

State Coordinator Denise Smith
desmith@uwyo.edu
307-334-3534

In this newsletter:

Being physically fit only
has 3 ingredients

Page 01

Autumn Apples

Page 03

Homemade Baked
Applesauce

Page 04

Fit-Ex and BEYOND

Page 04



College of Agriculture
and Natural Resources
Extension

The University of Wyoming is an equal
opportunity/affirmative action institution.

BEING PHYSICALLY FIT ONLY HAS 3 INGREDIENTS

Source: Ohio State University Perry County "Living Well" Newsletter,
March/April 2013

The recipe for being physically fit is simple:

- 30 minutes cardio
- 8-12 repetitions of strength training
- A dash of stretching

Directions: Take 30 minutes or more of cardio 5 or more times a week. Add in 8-12 repetitions of strength training 3 times a week. Toss in a dash of stretching every day. A well rounded physical activity routine only needs three things: cardio, strength training and stretching. Many people do one or two of the three things because it is what they like to do. However, having a well-rounded routine ensures that you are getting the most out of your hard work.

Cardio: This is a fairly common part of many people's physical activity routine. Whether it is walking, running, swimming or cycling, this type of activity gets your heart pumping. Many people are trying new activities such as dancing or jumping rope. What you will notice about this type of activity is that it is using lots of muscles, all at once, and over an extended period of time. Remember when you are doing cardio, that you should set a comfortable pace.

You do not want to push yourself to the point of exhaustion in just a few minutes. A good way to tell if you are going at a good pace for this type of activity is to use the talk test. While you do not want to go too slow, you should be able to carry on a conversation while you are walking. If you cannot, then you are going too fast.

Strength Training: Typically, if you love doing cardio, you may not be too fond of strength training. The good news is that you can improve your cardio with the help of a strong stomach and back, called the core of the body. You can get a core with strength training. All of your muscle groups-leg, arms, chest, back, and hips-benefit from a little weight training. If you have never done strength training, make sure to start out slowly and use lighter weights. It is much easier to add on weight than recover from having too much weight.

Stretching: Stretching is something that you may or may not think about. When you wake up in the morning do you stretch? For many people, stretching their arms high above their head and reaching for the ceiling while letting out a large yawn feels great in the morning. In fact, people who stretch regularly are true believers in the benefits of stretching. For the physical activity related stretching, you may be surprised to know that you should warm up the muscles before you stretch them. Once you have a stretch you should hold it 15-30 seconds.

Remember, there are only three ingredients needed for a well-rounded physical activity routine. There will be certain activities that you like better than others, but by having all three as part of your routine, you will be getting the most out of physical activity.



Illustrated by © Jessica Emmett - www.jessica-emmett.com

This image can be used for personal and non-commercial use with credit. This image is a basic guide only, always consult a qualified archery instructor.

AUTUMN APPLES

Source: Vicki Hayman, University of Wyoming Nutrition and Food Safety

It's that time again-the leaves are slowly beginning to change colors, the morning air is crisp, and the days are becoming shorter! This is the time of year when peaches, cherries, and strawberries fade away and are replaced by pears and apples. With the fall harvest season upon us, there's no better time to cook with apples.

It's not hard to find a place for apples in all aspects of cooking and meal preparation. While sweet apple recipes get all the love, savory eats with the celebrated fruit are just as delicious. Poached, grilled, baked, or simply raw, apples deliver a sweetness and acidity that pleases the palate and satisfies the senses. As the weather turns colder, apples make the perfect addition to warming and comforting dishes. So why not make something savory with apples?

How many calories in an apple? Less than 100 calories in a medium-sized apple. That same apple contains 4 grams of dietary fiber, which is 17% of the daily-recommended value for Americans. Apples are a source of both soluble and insoluble fiber. The apple contains 14% of your daily-recommended value of vitamin C. Antioxidants are phytochemicals in apples have been linked to helping prevent a number of chronic diseases. Yes, "an apple a day keeps the doctor away" has some truth behind it, as the health benefits of apples continue to be revealed by researchers.

Quality apples are smooth-skinned, crisp, juicy, and well-colored for their variety. Varieties of apples that are not solid red should have a yellow-green undertone, often called "ground color". A ground color that is too green indicates a less sweet or under ripe apple. Ground color that is too yellow identifies an apple that is overripe, soft, and mealy textured.

As a rule, choose apples that feel firm, without soft or bruised spots, wrinkled skin, and have a pleasant smell-not musty. They should not dent when you press your finger against them. Please handle apples gently to avoid bruising them.

Apples will remain crisp and juicy longer if refrigerated. If left out, they will become soft quickly. Keep apples in plastic bags with small air holes to maintain a high moisture level and delay withering. It is best not to put apples in the same bin as vegetables. Apples can make vegetables ripen faster, make carrots bitter, turn cucumbers yellow and add brown spots to lettuce. Always wash apples with cold running water before use. Some apples are waxed to preserve freshness and increase storage time.

There are hundreds of varieties of apples in the market today, although most people have only tasted a few of the most popular varieties such as Red Delicious or Granny Smith. Apples can be sweet, tart, soft and smooth, or crisp and crunchy, depending upon the one you choose. There is an apple to suit almost everyone's taste, so why not choose one. The best apples for baking keep their structure, which keeps the chunks of fruit from turning into bland pockets of apple mush. Try one of these varieties of apples for baking and cooking: Braeburn, Crispin, Granny Smith, Honeycrisp, Jonagold, Pink Lady, and Winesap.

**FALL IN LOVE WITH TAKING CARE OF
YOURSELF. MIND. BODY. SPIRIT.**

HOMEMADE BAKED APPLESAUCE

Ingredients

- 3 1/2 pounds apples (about 7 or 8 medium apples), peeled, cored and roughly sliced (MacIntosh, Gala, Fuji, Cortland work well)
- 4 tablespoons water
- 1 teaspoon ground cinnamon
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 teaspoon vanilla extract
- Cayenne (optional)

Directions

1. Heat oven to 300 F. In a large bowl mix apples with water, cinnamon, lemon juice, honey, orange juice, and vanilla until evenly coated.
2. Pour into 13x9" roasting pan and spread evenly. Cover tightly with aluminum foil. Bake in oven for 45 minutes. Remove from oven, uncover, and stir. Put cover back on tightly and bake for another 45 minutes.
3. When done, remove from oven. If using cayenne, sprinkle it in. Let cool for a few minutes, then mash with a potato masher until chunky. You can also place apples in a food processor for a smoother consistency.
4. Serve warm or cold. Place in an airtight container and refrigerate. Applesauce will keep up to 2 weeks.

Tips:

- Applesauce freezes beautifully. Make a big batch, divide it up, and you'll have homemade applesauce all year long!
- You can also use a slow-cooker for this recipe instead of baking in the oven. Cook for 4-6 hours on low.

FIT-EX AND BEYOND

Last week we asked you to schedule your physical activity by putting the times down in your day planner, PDA, calendar, or just on a sheet of paper to put on the fridge. If you didn't, try it this week.

Some folks have problems sticking to their schedule-even when it is in their planner. Things always pop up and sometimes they are more important than doing your daily activity. Most missed sessions of physical activity are due to a lack of motivation. The lack of motivation is often reflected by the thoughts that you have about being too tired, having too much to do, or just not feeling like exercising. In sport psychology they call these thoughts negative self-talk. These thoughts can be debilitating for athletes and regular exercisers alike.

STEP #2

One of the strategies used to reduce the effect of negative self-talk is called "Thought Stopping". The general idea is that when you feel some negative self-talk sneak in, you mentally scream "STOP"! Once stopped, an athlete is trained to replace the negative self-talk with positive self-talk. Positive self-talk could be inserting a thought that "if I do my exercises I will feel energized." This should work well for you too!