



FALL WEEK 5

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
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PHYSICAL ACTIVITY -- IT'S NOT JUST ABOUT WEIGHT

Source: Sarah Taylor Watts, MPA, PAPHS Physical Activity Coordinator Iowa Department of Public Health

We know being active is important for our health. But sometimes it's hard to do something routine that we might not see the benefits from until years down the road. One thing that can help is focusing on the immediate benefits you get from being active right now!

People report all sorts of benefits to being active; an improved mood, more energy, and they just feel better! When we're active the blood moves throughout our bodies and keeps everything functioning. At the same time, our brain releases endorphins, which are the brain's feel-good neurotransmitters. Making us feel good and reducing stress! In addition, it improves our self confidence, relaxes us, and lowers the symptoms associated with mild depression and anxiety.

Physical activity can also help us get a better night's sleep. By reducing stress and tension, it can improve our sleep quality and duration. And getting some activity actually makes you more able to fall asleep easier. And an added bonus, exercisers may reduce their risk for developing troublesome sleep disorders, such as sleep apnea and restless leg syndrome.

Remember all activity counts, no matter the duration. So get moving to feel and sleep better today!

EASY WAYS TO ADD FRUITS AND VEGGIES TO YOUR DAY

Source: <https://fruitsandveggies.org>

The 6 Basics

1. **Half Your Plate.** Fill half your plate with fruits and veggies at every meal and snack.
2. **Add More.** Add extra fruits and vegetables to dishes, even if they already contain/call for them in the recipe.
3. **Substitute.** Substitute fruits & veggies in any meal - they're lower in calories than many other foods.
4. **Stay Stocked.** Always stock frozen and canned fruits & veggies for quick meal prep. Choose canned fruit and vegetables without added sugar, syrup, cream sauces, or other ingredients that will add calories.
5. **Steam and Flavor.** Steamed vegetables make great sides. Add flavor with low-calorie or low-fat dressings and herbs and spices.
6. **Grab & Go.** Always have fresh fruits and vegetables in easy-to-grab places (a fruit bowl, sliced in the fridge, trail mix)

Tips for Every Meal

Breakfast

- Substitute spinach, onions, or mushrooms for one of the eggs or half the cheese in your morning omelet. This will add volume but decrease the fat!
- Add fruit to your whole-grain cereal, top with low-fat milk and grab a bottle of vegetable juice for the road.
- Get up 10 minutes early or plan an on-the-go nutritious breakfast (including fruits or vegetables) the night before.
- Make some thick oatmeal in a mug that'll fit in your car's console. Top with nuts, seeds or dried fruit.
- Make a waffle or pancake the night before (add blueberries and sprinkle with wheat germ in the batter) then pop it in the toaster before you leave in the morning.

Lunch

- Reduce the amount of meat or cheese on a sandwich by 1/2 and replace with veggies.
- Chicken or tuna salad - add an equal amount of chopped fruits or veggies such as celery, grated carrots, cucumber, apples, grapes, pineapple, or dried cranberries.
- Add 1/2 sliced banana or 1 sliced apple to a peanut butter sandwich and reduce the amount of peanut butter by half.
- Replace pasta in soups with veggies.
- When eating out, choose vegetarian options that have lots of fruits and vegetables.



Dinner

- Reduce your portion of meat at a meal and have an extra serving of veggies or salad.
- Replace 1/2 pasta portion with vegetables topped with sauce
- Stir-fry veggies with chicken instead of starchy food
- Make chili with 1/2 the meat replaced with beans and veggies
- Make a portabella mushroom or black bean burger instead of your traditional hamburger

Snacks

- 1 cup of whole strawberries AND 1 cup of carrots with 1/4 cup of low-calorie dip
- Pop a few strawberries, blueberries, carrots, broccoli, or any other 'popable' fruits & veggies; they're great options to snack on as is
- Make fruit kabobs or fruit popsicles
- Try hummus with carrots, celery, cauliflower, or other vegetables
- Guacamole! It's heart healthy and delicious
- Apples. DYK? 1 snack-size bag of corn-chips (1 oz) has the same number of calories as a small apple?



**“HE WHO HAS HEALTH, HAS HOPE, AND
HE WHO HAS HOPE, HAS EVERYTHING”
THOMAS CARLYLE**

VEGGIE QUESADILLAS

Source: UW Extension

Ingredients

- 1-2 tablespoons olive oil
- 1/2 cup diced onion
- 2 cups mixed veggies, diced or shredded
- 3/4 teaspoon chili powder
- 2 tablespoon or juice from one small lime
- 2 cups cheese, grated (Monteray Jack works well)
- 6 whole-wheat tortillas

Optional toppings: sour cream, avocado, cilantro, hot pepper, salsa

Directions

1. Heat oil in a medium-sized pan over medium heat.
2. Add diced onions and veggies and cook for 4-5 minutes until tender.
3. Add the chili powder and lime juice to the veggie mix.
4. Heat griddle to 375 F (or you can cook the quesadillas in one or two pans on the stove over medium heat).
5. Spread a thin layer of cheese on a tortilla, add about 1/2 cup of the veggie mixture, and add another thin layer of cheese. Top with another tortilla.
6. Cook the quesadillas for several minutes until the bottom starts to brown and cheese starts to melt.
7. Once it browns, flip and repeat on the other side until lightly browned.
8. Let the quesadilla cool for a few minutes before cutting for best results. Serve with your favorite toppings and enjoy!

FIT-EX AND BEYOND

We are on the downhill side of the 8-week FitEx program. It is time to start thinking about what you are going to do to make sure you stick with your regular physical activity routine once FitEx is over. So far, we have provided three strategies to help you stick with exercise: (1) Written Scheduling, (2) Thought Stopping, and (3) Rewarding Yourself. All of these skills should help you to be physically active BEYOND FITEX!

STEP #5

Our scheduling procedure is based on setting short-term goals. Walking across Wyoming is a medium-term goal for physical activity. This week we would like you to start thinking about your short, medium, and long-term goals for physical activity. Some people make participating in community fun runs or charity events their longer-term goals. Community events provide several positive benefits: they are something to plan for, they bring people together, they benefit charities or foundations, and they can give you a cooperative or competitive feeling depending on what you are looking for.

For any goals you set, the SMART principle is a useful guide. SMART goals are Specific, Measurable, Adjustable, Realistic and Time-based. A SMART short-term goal could be: To do five 30 minute walks in the next week measured by your FitEx tracking. It is important to remember that goals should be adjustable in case of illness or injury.