



FALL WEEK 8

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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BE SAFE WHEN EXERCISING OUTDOORS IN COLD WEATHER

Source: Tammy Roberts, Nutrition and Health Education Specialist, University of Missouri Extension

For many people, the cold winter weather is a reason not to exercise outside or not to exercise at all. However, it is possible to get a great workout outdoors as long as you exercise caution and dress properly.

Exercising in cold weather can put extra stress on the body. It is important to consult your physician if you have a medical condition that puts you at risk before implementing a new outdoor regimen.

The two conditions you have to worry about when exercising outdoors during winter months are frostbite and hypothermia. Frostbite is a condition that describes freezing body tissue. It occurs most often on fingers, toes, ears and face. Symptoms of frostbite include pain, numbness, tingling and burning of the affected site. Hypothermia occurs when the core body temperature drops to below 95 degrees. Symptoms include chills, fatigue, drowsiness, slurred speech, intense shivering and loss of coordination.

The right clothes are your first line of defense against these conditions. Dress in layers. The first layer of clothing should be a layer of thin synthetic fabric such as polypropylene, which helps

draw sweat away from the body. The next layer should be fleece or wool to help insulate the body. The top layer should be waterproof to help keep heat from escaping and keep moisture and wind out.

It's also important to protect the areas of the body prone to frostbite. A thin pair of gloves under a heavier pair will protect the hands. Thermal socks will help protect the feet. It may be necessary to purchase shoes a half size larger to allow for the thickness of the socks. Don't forget a hat or headband to protect your ears.

Be sure to drink plenty of fluids. Dehydration is not just a risk in the summer. When sweating and increased breathing occur, in any type of weather, dehydration is a possibility.

It is particularly important to warm up properly for cold weather workouts. The body tends to stiffen more easily in cold weather. Do a short warm-up activity followed by stretching to help prevent injury.

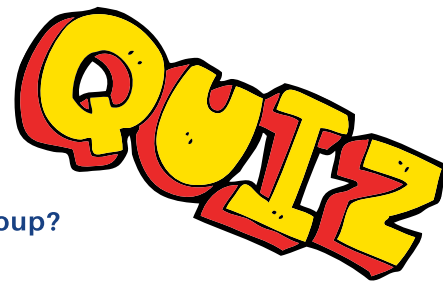
Remember that shoveling snow can be a good workout, but can also take a toll on people who are not used to heavy lifting. Take the same precautions you would for any other hard outdoor workout because that is exactly what it is!



**AT FIRST, THEY'LL ASK WHY YOU'RE
DOING IT. LATER, THEY'LL ASK
YOU HOW YOU DID IT.**

MY PLATE VEGETABLE QUIZ

Source: Food and Health Communications, Inc. www.foodandhealth.com



1. Which of the following vegetables is also part of the MyPlate protein food group?
 - a. Carrots
 - b. Beans
 - c. Potatoes
 - d. Kale
2. True or False? Most adults need between 2 and 3 cup servings of vegetables per day.
3. Which of the following counts as a cup serving of vegetables?
 - a. 1 large sweet potato
 - b. 1 cup of bell pepper slices
 - c. 2 cups of raw leafy greens
 - d. All of the above
4. Many vegetables are high in fiber. Which of the following is NOT a health benefit associated with dietary fiber?
 - a. Better red blood cell formation
 - b. Reduction of cholesterol levels
 - c. Lower risk of heart disease
 - d. Improved bowel function
5. Fill in the blank: People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of _____.
 - a. Improved health
 - b. Some chronic diseases
 - c. Hyperglycemia
 - d. Losing their groove.



Quiz Answers

1. **b) Beans.** Because of their amazing fiber and potassium content, beans and peas are members of the vegetable group. They also have so much plant protein that they qualify as part of the protein group too.
2. **True.** Visit www.choosemyplate.gov for a personalized recommendation of how many vegetables to eat daily.
3. **d) All of the above.** Each of these foods counts as a cup serving of vegetables.
4. **a) Better red blood cell formation.** According to MyPlate, "Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function." Improved red blood cell formation is a benefit associated with folate, which is present in many vegetables as well.
5. **b) Some chronic diseases.** MyPlate asserts "People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body."

CRANBERRY ALMOND WRAPS

Source: University of Wyoming Extension

Ingredients

- 3 cups chicken or turkey (cooked and shredded)
- 1/2 cup sliced almonds
- 2 ribs celery, diced
- 1/2 cup dried cranberries
- 1/4 cup light mayonnaise
- 6 (8 inch) whole wheat tortillas

Directions

1. Combine chicken or turkey, almonds, celery, cranberries and mayonnaise in a bowl. Cover and refrigerate until ready to assemble the wraps.
2. Spoon 1 cup loosely packed filling onto each tortilla. Roll the tortilla and enjoy!



Tips:

- These wraps are great for lunches or snacks. The wraps can be made ahead of time and then wrapped tightly in plastic wrap. Store the wraps in the refrigerator.
- You can use leftover chicken or turkey or cook the poultry your favorite way - baked, broiled or grilled!
- Leftovers can be safely stored in the refrigerator for up to 4 days. This recipe is a little high in sodium content, so be mindful of the appropriate serving size.



FIT-EX AND BEYOND

It's easy to stay motivated during FitEx. You have a team goal and friends or family members keeping track of what you are accomplishing. You have also been meeting with fitness friends to figure out how you are going to stick with your regular physical activity. But even with good intentions and planning, barriers to physical activity will arise. Recognizing and preparing for barriers that may arise can make all the difference in your successful maintenance of regular physical activity once FitEx is over. For example, some people have a tough time sticking with their physical activity once FitEx is over, while other people have a tough time sticking to a schedule when work gets busy. One of the keys to overcoming these barriers is to be flexible and to detail some contingency plans for exercise.

STEP #8

A strategy that is used to help people prepare for and overcome barriers is role-playing through typical situations. Role-playing can involve coming up with a number of different barriers that you may encounter once FitEx is finished and then figuring out creative ways to overcome them. Since you see the barrier before it arises, you will be prepared to overcome it when it does arise. Just like the Boy Scout motto: Be Prepared!