



# FALL WEEK 9

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

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College of Agriculture  
and Natural Resources  
Extension

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## WINTER PHYSICAL ACTIVITY: DON'T HIBERNATE, PARTICIPATE

Source: Amy L. Habig, MPH, RD, LD. Ohio State University Expanded Food and Nutrition Education Program

During the winter months, it can be especially difficult to fit physical activity into your day. Many people who enjoy being physically active outside when it is warm find it challenging to identify activities to do indoors. It is also common for some people to want to curl up under a blanket to keep warm during the winter months. Instead of hibernating, try participating in physical activity to get your muscles moving and your heart pumping!

There are plenty of things we can do in our homes or work places to get physical activity. Stairways, for example, are great for getting in a little activity. If your office building has stairs, try using at least 10 minutes of your lunch break to take a few trips up and down the stairs. Aim to do at least another 10 minutes at the end of the day. You can also take a few trips up and down the stairs in your home. A few local organizations have walking groups. The groups walk laps around the hallways in a building in the winter months. Try to get some friends together to walk indoors. There are a number of activities you can do using an office chair or kitchen chair. Watch this video on WebMD's website (<http://www.webmd.com/fitness-exercise/video/office-exercises-in-5-minutes>) for some exercises you can do at your office or your home.

Visit the library for different fitness videos or DVDs that you can borrow each week. When at the grocery store, take a few extra laps around the store before starting your shopping. Check with a fitness or community center to see if they will let you pay for only the months or classes you want instead of the whole year. Visit the Centers for Disease Control and Prevention website (<http://www.cdc.gov/physicalactivity/everyone/videos/>) for videos of some muscle strengthening activities you can do at home. Remember to always check with your doctor before starting a new exercise program.

The 2008 Physical Activity Guidelines for Americans recommend adults get at least 150 minutes of moderate-intensity physical activity per week (which averages out to about 30 minutes of activity 5 days of the week). I recently watched a presentation that put this amount of activity into a very interesting perspective. Instead of thinking of fitting in 30 minutes of activity into each day, think of it as limiting sitting and laying down to 23.5 hours per day. In viewing it this way, we have 23.5 hours in each day to do whatever we want—work, sleep, eat, watch TV, play on the computer, etc.—and at least 30 minutes for physical activity.



**DON'T WAIT UNTIL YOU REACH YOUR GOAL  
TO BE PROUD OF YOURSELF. BE PROUD OF  
EACH STEP YOU TAKE TOWARD REACHING  
YOUR GOAL.**

# Broccoli

Choose bunches with tight florets that are dark green, purplish or bluish green. Stalks should be very firm. Florets are richer in beta-carotene than the stalks.

Broccoli are vegetables which grow as florets (clusters of flower buds) on stalks (stems).

Broccoli has been around for more than 2,000 years and was first grown in Italy. The name broccoli comes from the Latin word *brochium*, which means "branch" or "arm." Americans have grown broccoli for over 200 years.

Broccoli is a member of the cabbage family, which may help prevent certain types of cancer. Broccoli has as much calcium per ounce as milk.

Fresh broccoli contains more nutrients than frozen broccoli.



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of folate, iron, calcium and fiber

## VARIETIES

There are many varieties. In the United States the most common type of broccoli is the Italian Green Sprouting variety.

Many broccoli are grown in Nebraska.

## USES

Steam broccoli or eat it raw with your favorite dip. Add broccoli to salads, soups, stews, casseroles and stir-fries.



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Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Extension and the US Department of Agriculture (USDA). University of Nebraska-Lincoln Extension educational programs divide with the nondiscriminatory policies of the University of Nebraska-Lincoln and the USDA.

# CRUNCHY BROCCOLI SALAD

## Ingredients

- 4 cups fresh broccoli florets
- 1 bunch of green onions, thinly sliced
- 1/2 cup dried cranberries
- 3 Tablespoons oil
- 3 Tablespoons seasoned rice vinegar
- 2 Tablespoons sugar
- 1/4 cup sunflower kernels
- 3 bacon strips, cooked and crumbled

## Directions

1. In a large bowl, combine the broccoli, onions and cranberries.
2. In a small bowl, whisk the oil, vinegar and sugar; drizzle over broccoli and toss to coat.
3. Chill until serving.
4. Sprinkle with sunflower kernels and bacon.

Yield: 8 servings



# FIT-EX AND BEYOND

Congratulations on completing Fall FitEx 2019!! You are fitter, more toned, and healthier now than when you started. Your heart, lungs, and muscles are stronger, and your energy level is better. Chances are you are sleeping better and feeling better overall.

## STEP #9

Now is not the time to quit what you're doing. Maintaining health and fitness is a life-long commitment. Just eight short weeks ago we began talking about ways to prepare yourself to participate in FITEX AND BEYOND!

Have a great winter and be ready to participate in FitEx again next year!

