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# February: Becoming More Active

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# **Becoming More Active**

## Walking is a great way to get more physical activity. Here is how to get started...

- Choose a safe place to walk.
- Find a partner to walk with you.
- Wear shoes with thick, flexible soles that will cushion feet and absorb shock.
- Dress for the season:
  - 1) choose cotton clothes for summer
  - 2) layer clothes in the winter so pieces can be shed as you warm up.
- Stretch before you walk.
- Take your walk in three parts:
  - 1) walk slowly for 5 minutes to warm up
  - 2) increase speed until you reach a pace that you can still talk, but wouldn't be able to sing
  - 3) walk slowly for the last 5 minutes to cool down
- Walk at least 3 times per week. Add 2-3 minutes per week to the fast portion. If walking less than 3 times per week, increase fast portion more gradually.
  - To avoid stiff or sore muscles or joints, start gradually. Over several weeks begin walking faster, going further, and walking for longer periods of time.
  - The more you walk the better you will feel!!





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#### Asian Grilled Chicken Salad

- 2 boneless, skinless chicken breasts
- 4 cups fresh lettuce
- 1 cucumber split in half & sliced
- 1 carrot shredded
- 1-2 green onions thinly sliced
- 1/2 package Ramen Noodles uncooked, broken into small pieces
- 1 can Mandarin oranges drained Salt & pepper to taste – optional

#### Dressing

- 1/2 cup soy sauce
- 2 tbsp red wine vinegar
- 3 tbsp chicken bouillon broth
- 1 clove garlic pressed or grated
- 1 pinch sugar
- 1/2 1 tsp vegetable oil
- 1. In small bowl, combine soy sauce, vinegar, broth, sugar.
- 2. Whisk well until sugar is dissolved.
- 3. Add garlic & mix well.
- 4. Add oil & whisk until well blended. Set aside.
- 5. Cook chicken on both sides until done throughout. Set aside.
- 6. In a large bowl, combine lettuce, cucumber, carrots, & green onion.
- 7. Whisk dressing again & drizzle over salad. Toss well so that salad is well coated.
- 8. Arrange salad on plate.
- 9. Slice chicken on the diagonal & arrange artfully on the salad.
- 10. Top with noodle pieces & Mandarin oranges.

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**Nutrition Education Program for Families** 

# February

	SUN	MON	Тив	W E D	Тни	FRI	SAT
	Take advantage of any chance to get up and move around. Make the most out of any time you can be active.				Take a short walk around the block.		
	Take an activity break – get up and stretch or walk around.			Park your car a little further from your destination and walk the extra distance.			
						Run and play with the kids (try tag, chase, jump rope, basketball, soccer).	
		Shovel the snow off of the sidewalk					
6			Use the stairs instead of taking the elevator.				