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February: Becoming More Active

Utah State University Extension

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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!!

### February

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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.

Recipe from [http://lightliving.com/mrarchive.html](http://lightliving.com/mrarchive.html)

- 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  
- Use the stairs instead of taking the elevator.