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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!!

Source: http://www.niddk.nih.gov/health/nutrit/pubs/walking.htm

Utah State University Extension

State of Utah
DEPARTMENT OF WORKFORCE SERVICES

Utah's Job Connection

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February

Sun	Mon	Tue	Wed	Thu	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					
		Use the stairs instead of taking the elevator.				

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.

NEP
Nutrition Education Program for Families

Recipe from http://lightliving.com/mrarchive.html