



# Move More. Sit Less.

Ask your Nutrition Educator to introduce you to one of our services below:



## Monthly Mentions

**Nutrition Tip:** Protein is essential for healthy muscles. Look for lean protein sources such as chicken, fish, or beans. Hummus, which is made from chick peas, is a lean protein source, plus it makes a tasty snack! Try this simple hummus recipe: In a blender or food processor add 1 can of chick peas, 3 tablespoons of lemon juice, 1 garlic clove and 1/2 teaspoon of salt. Serve with whole wheat pita chips.

**Fruit & Vegetable:** For radicchio and lime recipes, visit our website:

<http://www.drexel.edu/nutritioneducation/>

**Now in Season:** Kale, Tangerines, Mushrooms, Onions, Leeks, Sweet Potatoes, Winter Squash, and Kiwi

**January Health Observations:**

National Folic Acid Awareness, Family Fit Lifestyle Month, National Fiber Focus Month, National Oatmeal Month, National Soup Month, Hot Tea Month, Healthy Weight Week, National Bean Day

## Nutrition Education in Action



Dietetic intern, Emily Simatis, and nutrition educator, Mary Price provide nutrition education materials and prizes to parents and students at Vaux High School's back-to-school night.

## Tasty Topics

Happy New Year! Did you make a New Year's resolution to be more physically active? Physical activity is an important part of staying healthy and fit. Exercising can help you stay in shape and decrease your risk for chronic health problems such as heart disease and diabetes. The *2008 Physical Activity Guidelines for Americans* recommends at least 60 minutes of physical activity daily for children and adolescents to help prevent disease and gain health benefits. The recommendation for adults is at least 2 hours and 30 minutes of moderate intense activity or 1 hour and 15 minutes of vigorous, aerobic activity each week. Not feeling motivated to exercise? Try switching up your routine. Aerobic, muscle-strengthening and flexibility activities are all beneficial for your health. Not enough time to exercise? Try to make physical activity part of your daily or weekly routine by planning it into your schedule. Start slowly by setting goals for yourself and gradually increase your amount of physical activity each week. Don't forget that exercising can be fun too! Build a snowman or dance to a favorite tune. Include the whole family to help stay motivated!

## Nutrition Nibble

Too cold to go outside and exercise? Try these indoor activities!

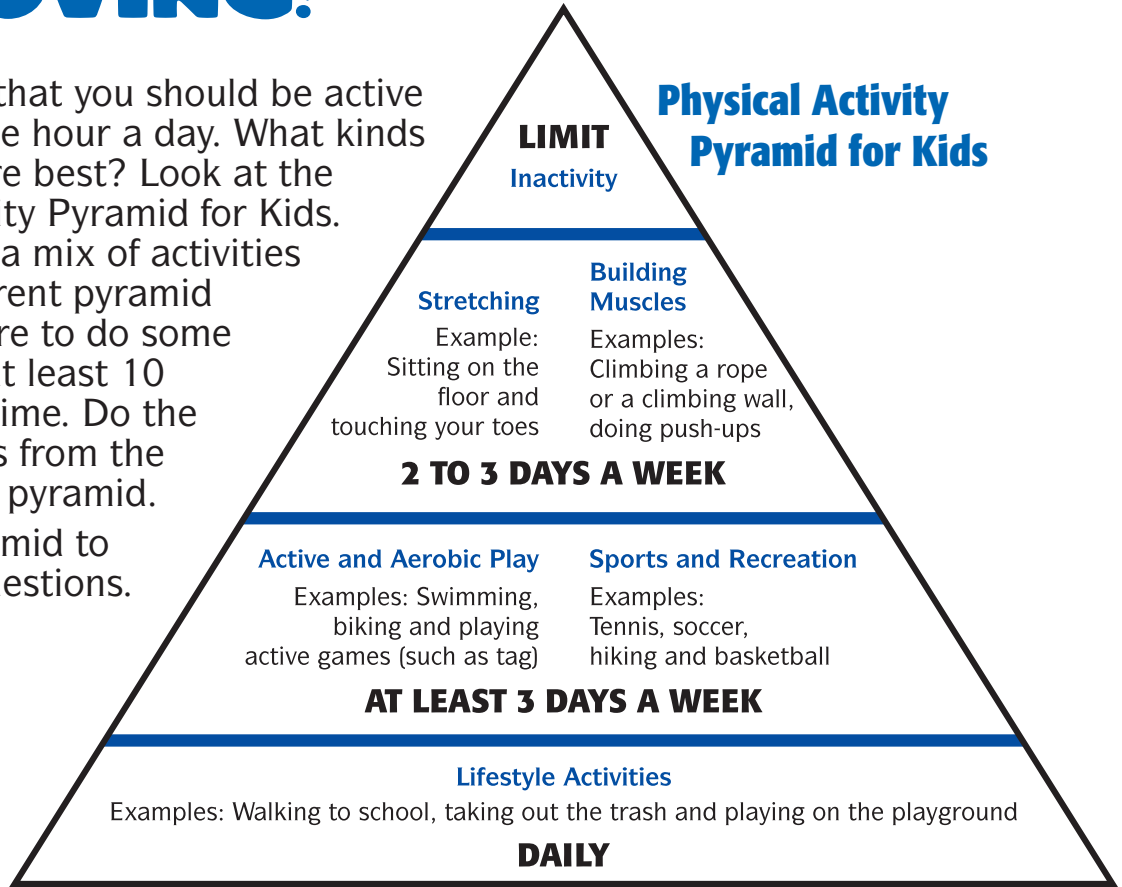
- Do sit-ups or pushups when watching your favorite show
- Clean the house or help with chores
- Put on your favorite upbeat music and practice your dance moves
- Light some candles, dim the lights, and stretch. Yoga and Pilates work great for this relaxing exercise!
- Borrow an exercise video from the library- try aerobics or kickboxing

Questions or Comments?  
Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
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Nutrition Education Program  
Drexel University

# Get MOVING!

Experts say that you should be active for at least one hour a day. What kinds of activities are best? Look at the Physical Activity Pyramid for Kids. Try to include a mix of activities from the different pyramid groups. Be sure to do some activities for at least 10 minutes at a time. Do the most activities from the bottom of the pyramid.

Use the pyramid to answer the questions.



Adapted from Corbin, C. B. and Lindsey, R. *Fitness for Life (4th ed.)* Champaign, IL: Human Kinetics, 2002. Used by permission.

1. What is an example of a lifestyle activity?  
\_\_\_\_\_
2. Name a lifestyle activity that you do every day.  
\_\_\_\_\_
3. Active and aerobic play makes you sweat and makes your heart beat faster than normal. What is one example of this kind of activity?  
\_\_\_\_\_
4. How many days a week should you do sports and recreation and active and aerobic play activities?  
\_\_\_\_\_
5. Keep track of how many minutes you spend doing physical activity in one day. On the back of this page, add up how much time you spent doing the activities. Did it add up to at least an hour?



Which activities listed in the pyramid can you do with a family member?

