



Love Your Heart with Physical Activity

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



Tasty Topics: February is American Heart Month, and one thing you can do to love your heart is increase your physical activity. Heart disease is currently the number one cause of death in America. There are many risk factors for developing heart disease, including being physically inactive. Being more physically active can help reduce your risk because aerobic exercise speeds up the heart rate and helps strengthen the heart muscle. Examples of aerobic activities include running, jogging, swimming, bicycling, jump roping, dancing, and playing sports like basketball and soccer. A healthy diet is also important for reducing the risk for heart disease, so remember to choose fruits and vegetables, whole grains, low-fat milk products, and lean protein. For more tips on how to increase your physical activity and take steps to a healthier you, visit: <http://www.mypyramid.gov/>

Nutrition Nibble

During the winter when it's cold outside, it may be difficult to go out and exercise. You don't have to go outdoors to be physically active! There are many activities you can do indoors. Try one of these:

- Turn on the radio or some music and dance
- Do yoga or stretching
- Use jump roes or hula hoops
- Find items around the house to use as weights (canned foods or bottled beverages)
- Borrow an exercise video from the library - try aerobics, kickboxing, yoga, or Pilates
- Go to a local gym or fitness center
- Clean the house- sweeping, vacuuming, and dusting are great physical activities

Monthly Mentions

Nutrition Tip: It's easier to exercise when you're doing an activity you enjoy, so if you don't like running or going to the gym, try taking a yoga, aerobics, or Pilates class

Fruit & Vegetable: For lemon and cauliflower recipes visit our website: <http://www.drexel.edu/nutritioneducation>

Now in Season: Cauliflower, grapefruit, kiwifruit, leeks, lemons, oranges, rutabagas, turnips, winter squash

February Health Observations: American Heart Month, National Children's Dental Health Month, National Wise Health Consumer Month, Give Kids a Smile Day (Feb 4th)

Nutrition Education in Action



Students in Mrs. Cohen's Art class at Wilson Middle School received Eat.Right.Now. nutrition lessons. They took what they learned and made breakfast menus, decorated aprons with favorite fruits and vegetables, and made bowls in which they enjoyed a healthy treat.

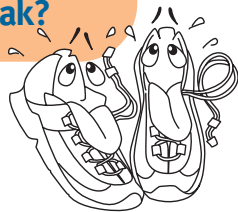
Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

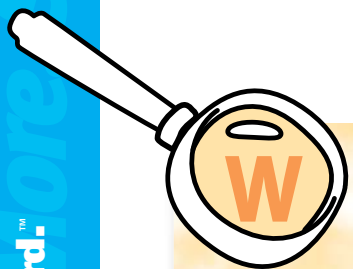
Move More. Sit Less.

FUNNIES

What has 2 tongues, but can't speak?



Power Panther says... Be a doer, not a watcher - go out and be active! Instead of watching TV, take a walk. I can walk 1 mile in 15 minutes - can you?



WORD SEARCH

Look at the words in the Word List on the left. They go up, down, backwards, and on an angle. The leftover letters spell the answer to the secret word.

Word List

- row
- carrots
- waffle
- dance
- egg
- ziti
- yogurt
- breakfast
- dunk
- rice
- bread
- basket
- football
- salsa
- pear
- burrito
- peas
- swim

SECRET WORD:

F	J	W	W	A	F	F	L	E
B	O	T	I	R	R	U	B	C
R	Y	O	G	U	R	T	A	A
E	I	G	T	M	I	W	S	R
A	E	C	I	B	U	L	K	R
D	D	T	E	P	A	M	E	O
P	I	U	E	S	E	L	T	T
Z	D	A	N	C	E	A	L	S
B	R	E	A	K	F	A	S	T

Bored? Turn on the music and dance around the house.



Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard