

# HEALTH NEWS

## YOU CAN USE



*Don't eat anything your great-grandmother wouldn't recognize as food.*

~Michael Pollan

**I Pledge to Live Healthier by:**  
**Eating from the five food groups**  
**Being active at least 60 minutes each day**  
**Drinking lots of water**  
**Reducing my screen time**  
**Getting plenty of sleep at night**

### FITNESS

An ideal exercise program for youth or adults includes **aerobic activity**, **strength training**, and **flexibility exercises**. A good goal is to work up to exercising 4 to 6 times a week for at least 30 to 60 minutes each time.

**Aerobic activity** burns calories and strengthens the cardiovascular system by elevating the heart rate for a sustained period of time. Activities: Walk, swim, bicycle, row, run, aerobics classes. Exercise at the intensity where you can talk but not sing.

**Strength training** strengthens muscles and bones and increases lean body mass. Calisthenics and weight lifting with free weights, resistance bands and weight machines should be done 2 – 3 times per week. The same muscle group should not be worked on consecutive days.

**Flexibility exercise** (stretching) keeps the muscles flexible and the joints healthy. Stretch before and after aerobic activity and strength training, targeting the muscles used. Stretch every day, and *always* warm up before stretching.

### FAST FACT

*It can work best to start slowly with a health plan: Eat just one more fruit or veggie a day; add in just 5-10 minutes of activity; drink one more glass of water daily; delete one helping of high-fat food and eliminate one soda or other sugary drink each day.*

### NUTRITION

Vegetables are an important part of a healthy diet, supplying us with many vitamins and minerals. Guidelines call for five servings daily (a serving is the size of a baseball). We eat various parts of the plant:

**Roots** (The plant gets its food and water from the soil through the root): Beets, carrots, onions, potatoes, radishes, sweet potatoes, turnips

**Stems** (The part between the root and leaves): Celery, asparagus

**Leaves** (The darker green, the better source of vitamin A. Leaves also contain vitamin C and fiber): Spinach, cabbage, lettuce

**Seeds** (The part of the plant from which a new plant will grow; provides protein, vitamins, minerals and fiber): Peas, green beans, corn

**Veggies that are really fruits** (A fruit is a juicy, fleshy product of a tree or plant, containing the seeds of the plant): Tomatoes, cucumbers, peppers, zucchini, squash

Some veggies are consumed raw while some must be cooked to be edible. Others may be eaten either raw or cooked. A few veggies can even be used in desserts, such as carrot cake or rhubarb pie. Try to introduce youth to a variety of vegetables, and keep at it, because it may take a while to train their taste buds if they are used to sugary, fatty foods.

