

### Be Active in All Types of Weather

- Get out of the house! Find other indoor places – schools, shopping centers, community centers – where you can get moving.
- Get some fresh air! Sidewalks are usually clear near schools and public buildings. If it's hot, look for shady streets and parks.
- In winter, walk at mid-day. In summer, walk in the morning or evening.
- Bring water.



### Stretch and Walk Tall

- Being active and stretching helps your body stay flexible. Being flexible helps with everyday things, like tying your shoes or reaching for the top shelf.
- Good posture can help you avoid injury, feel better and look better!
- Comfortable shoes make walking more enjoyable. Look for a low heel, flexible sole, and room to wiggle your toes.

### Set a New Goal

- Try for 30 minutes of moderate activity each day.
- How can you tell if it's moderate activity? Try the "talk test." If you're too breathless to talk, that's vigorous activity. If you can talk but not sing, that's moderate activity.
- Set a new goal. Walk one more block. Keep going for five more minutes. Meeting your goal feels great! And you can set a new goal for next week!



In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local FoodShare office. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. 03/05

## Key Recommendations from the 2005 Dietary Guidelines for Americans

### *Make smart choices from every food group.*

- Focus on fruits.
- Vary your veggies.
- Get your calcium-rich foods.
- Make half your grains whole grains.
- Go lean with protein.

### *Find your balance between food and physical activity.*

- Adults should be physically active for at least 30 minutes most days of the week.
- Kids and teens should be active for at least 60 minutes each day.
- You may need to increase the amount of time or the intensity of your activity to prevent weight gain -- but you'll receive even greater health benefits.

### *Get the most nutrition from your calories.*

- Pick foods packed with vitamins, minerals, fiber, and other nutrients but low in calories.
- Pick foods like fruits, vegetables, whole grains, and non-fat or low-fat dairy products more often.

### Make Ahead Mexican Wraps

1 cup uncooked brown rice  
2 (15 ounce) cans beans (black, pinto, chili, etc.)  
2 (10 ounce) cans corn or 2 cups frozen corn  
2 cups salsa  
16 (10-inch) flour tortillas  
2 cups (8 ounces) shredded cheddar cheese

#### Directions

1. Cook rice according to package directions.
2. Rinse beans in a strainer. In a large bowl, mix together beans, corn and salsa. Stir in rice and cheese.
3. Divide the mixture among the tortillas, and roll up. Wrap each in plastic wrap, place in a large freezer bag, and freeze. Reheat as needed in the microwave for lunch or snacks.

Nutrition Fact: each wrap has 315 calories and is a good source of protein, iron and fiber.

From Quick, Fit and Healthy: Nutrition Calendar 2005. Iowa State University Extension.



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