

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

GET UP GET MOVING | FCS211



EXERCISE HELPS YOU

- ◆ Build Strength
- ◆ Improve Flexibility
- ◆ Increase Endurance

Exercise builds strong muscles that are needed to support and move your body. It increases flexibility which helps prevent injuries to muscles, joints and tendons. Exercise also allows you to be active longer without getting really tired.

Regular exercise can also reduce the risk of heart disease and other health problems like diabetes and obesity. Even a moderate activity like walking is helpful when done regularly for 30 minutes on most days.

DID YOU KNOW?

Smokers who start exercising regularly are more likely to cut down or even stop smoking completely.

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ACTIVE FAMILIES THRIVE

Here are 7 tips for connecting with your family in a new way:

- Invite them to be active with you.
- Set a good example by being active yourself.
- Limit TV watching and gaming.
- Plan active family outings.
- Assign household chores that require physical exertion such as mowing lawns, raking leaves, mopping floors, etc.
- Park at the end of the parking lot instead of near the door.
- Encourage your children to be physically active at school.



BREAKFAST ON THE RUN

Ingredients

- 1 slice whole-grain bread
- 1 tablespoon creamy peanut butter
- 2 teaspoons strawberry jam
- 1/2 banana, sliced

Directions

1. Spread peanut butter and jam on bread.
2. Layer banana on half the bread then fold up.

Nutrition Information (per slice)

- Calories 250
- Fat 10g
- Protein 8g
- Fiber 5g
- Sodium 200mg
- Carbohydrate 38g

Have a bit of extra time? Serve as pictured with slices of banana on the side. Adding a glass of milk and you've got a full MyPlate meal.

