



Kinship Link

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Pro Kinship for Kids

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Smart Ways to Make Physical Activity Part of Your Day

Any type and amount of activity is better than none and there are so many enjoyable ways to get moving. In order to “move more and sit less”, as we should it is important to find activities that you enjoy! If you like group activities, try dance lessons, water aerobics, or simply walking with friends, family, or pets. If you prefer being active alone, consider rollerblading, lifting weights, or yoga. Finding time may also be a struggle but being more active can be as simple as taking the stairs instead of the elevator, parking further away, walking or riding a bicycle to the store and cleaning the house or working in the yard. It’s important to choose activities that match your abilities. If you’ve never run a mile, it would be better to work up to that goal before training for a marathon. Set realistic goals to avoid an injury or becoming discouraged and less active.

For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week. For children it is 60 minutes on most days of the week.

This could be as simple as brisk walking for 25 minutes six days per week. Another option would be to walk briskly for only 15 minutes at a time, but twice a day for five days. To realize the most health benefits, physical activity should be done regularly - meaning most days of the week. How often, how long, and the intensity of the activity can make a difference, too. Regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure, and diabetes.

Aerobic activities, such as brisk walking or bicycling, are important for cardiovascular health, because they work out your heart. Muscle-strengthening activities include some type of resistance, such as weights, elastic bands, or your own body weight. Both aerobic and muscle-strengthening activities may also offer bone-strengthening benefits. Activities that involve stretching can help to increase flexibility, or the range of motion for joints.

In order to stay active, find

activities that you enjoy. Try these tips to get started:

- **Plan ways to gradually increase your physical activity.** This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
- **Think about the best time for physical activity.** Some people prefer to be active in the morning, whereas others dedicate time mid-day, or after school or work.
- **Decide how you want to be active.** Walking is convenient for many people. However, others may choose to participate in organized sports or specific exercise programs.
- **Find ways to stay on track.** Whether it’s meeting a friend for a workout or using a device to monitor your progress, finding ways to stay on track will allow physical activity to become a habit.
- **Get Moving!** This will help make physical activity become part of your day.

Smart Snacking for Teens and Adults

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 - 300 calories per serving.

Make snacking a smart habit by:

- **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Have snacks planned and portioned out ahead of time.** Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn on hand, and low-fat cheese cubed, can save time later on.
- **Practice food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by substituting different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned (in 100% juice), or dried varieties are all good options. Keep you snacking lively by including snacks that contain grains, especially whole grains, lean protein, and healthy fats. Some examples include fat-free yogurt with fruit, whole grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods



can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Ways to make your own convenient and ready-to-eat snacks at home:

- ◆ Make your own trail mix by combining whole grain cereals, nuts or seeds, and dried fruit. (Hint: portion into 1/4 cup servings)
- ◆ Blend your own smoothie by adding 1 cup fat-free milk and frozen fruit into a blender, and blend
- ◆ Mix 3 cups air-popped popcorn with grated cheese or dried spices
- ◆ Bake vegetable chips, like kale or beets chips
- ◆ Roast chickpeas (or garbanzo beans) and season with spices
- ◆ Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables
- ◆ Mash an avocado with salsa and eat with low-fat baked tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy
- ◆ Cut up fruit to make kabobs and serve with low-fat yogurt dip
- ◆ Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter
- ◆ Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups, and freeze for a tasty treat
- ◆ Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt
- ◆ Cut a whole wheat pita into wedges and serve with 2 tablespoons of hummus or bean dip
- ◆ Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, 1/2 cup diced fresh veggies, and 1 ounce low-fat mozzarella cheese
- ◆ Create a scrumptious yogurt parfait by layering 6 ounces of fat-free

yogurt with 1/2 cup fresh or frozen fruit, then sprinkle 1/4 cup (or less) low-fat granola on top

- ◆ Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and 1/4 cup dried fruit
- ◆ Dress up a salad with a hard cooked egg or edamame, tomato, and 2 tablespoons reduced-fat dressing
- ◆ Whip up a quesadilla in the microwave using a whole wheat tortilla, 1/4 cup black beans, 1-2 tablespoons low-fat cheese, and 1 ounce of salsa
- ◆ Build veggie skewers with cherry or grape tomatoes, and cubes of low-fat cheese or cooked tortellini, and lean luncheon meat
- ◆ Make a tuna apple sandwich using a 5-6 ounce can of tuna packed in water, 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, then spread it on 2 slices of whole wheat bread

These snacks ideas can help you make sure your weight stays in check for you are eating healthy. If you are looking to lose some weight then make sure what you do is right for you. Healthy snacks can be part of this plan but the more likely you will be to have a successful weight lose will be to check the following questions out and the more you can answer "yes" to the questions the more your plan is right for you and will be a plan you can accomplish.

Does your plan include:

- ⇒ Foods from all five food groups?
- ⇒ The right number of servings from each group?
- ⇒ Food you will enjoy eating for the rest of your life?
- ⇒ Foods you can buy at the grocery store?
- ⇒ Some of your favorite foods?
- ⇒ Foods that fit your budget and lifestyle?
- ⇒ Regular physical activity or exercise?