



Kinship Link

Volume 18, Issue 5

May 2022

Smart Ways to Make Physical Activity Part of Your Day

Pro Kinship for Kids

Inside this issue:

Make Physical Activity Part of Your Day continued	2
Smart Tips for Successful Meals	2

Pro Kinship for Kids
 Lower level Our Saviors
 Lutheran Church
 1400 S. State Street
 P.O. Box 666
 New Ulm, MN 56073
 Phone 359-2445 or
 1-800-642-5779
 Website:
www.prokinship.org

Newsletter by
 Kari Beran, Director



Exercise may sound intimidating to some people, it doesn't have to be. 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 the physical activity guidelines recommend, it's important to find activities that you enjoy! If you like group activities, you can look into a class in-person or virtual. 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 from the store, walking or riding a bicycle to the store, 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 risking an injury or becoming discouraged and less active.

For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week. Moderate is activity that gets you heart pumping. Youth are recommended to get at least 60 minutes of physical activity each day. This could be as simple as brisk walking for 25 minutes six days a 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.

Here are the kinds of activities you should do:

- ◆ 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. Activities that help you increase the strength of different muscles is recommended two times or more per week.
- ◆ 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. Find activities to stay

Make Physical Activity Part of Your Day continued

active, by doing things that you enjoy.

These are 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.



Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity, and stay on track with healthy eating. However, cooking can also be a challenge for many people. With a few tips and tools, cooking at home becomes a little bit easier for everyone!

Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- ◇ Baking sheets and roasting pans
- ◇ Stock pot, sauce pans, and skillets
- ◇ Tongs and spatulas
- ◇ Slotted and mixing spoons
- ◇ Potholders and towels
- ◇ Colander or strainer
- ◇ Mixing bowls in various sizes
- ◇ Separate cutting boards for raw and cooked foods
- ◇ Measuring cups and spoons
- ◇ Chef knives and vegetable peelers

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white, and pinto beans; green, yellow, or split peas and lentils)
- Canned vegetables with no added

salt (such as diced tomatoes, peas, green beans, and corn)

- Whole grains (such as brown rice, quinoa, oats, millet, and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola, or other vegetable oils
- Dried herbs and spices

Frozen Foods

- * Vegetables (such as broccoli, cauliflower, carrots, and brussel sprouts)
- * Fruit (such as berries, cherries, and bananas)
- * Whole wheat pizza dough
- * Frozen poultry or seafood

Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious. You can create healthy and tasty meals without a recipe.

For example:

- ◆ Baked fish with sauteed veggies and rice
- ◆ Black bean and vegetable burritos
- ◆ Scrambled eggs with cheese, salsa, and whole grain toast

If you don't have an ingredient, try substituting with something similar:

- Making black bean burgers, but running short on black beans? Try them with pinto beans instead.
- Having pasta, but forgot the sauce?

Toss together canned tomatoes, a drizzle of olive oil, and season with herbs to provide that extra flavor.

- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes, and in baked goods.
- Cauliflower can replace broccoli in casseroles and soups.

Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- ⇒ Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil, and served with a medley of microwaved frozen vegetables on the side.
- ⇒ Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- ⇒ Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives, and dressed with a little olive oil and vinegar.
- ⇒ Soup using grilled or baked chicken, low-sodium broth, veggies and brown rice.

