

Week 6: Everyday ideas to rev up activity



Encourage your family to increase daily activity and have fun at the same time.

Bring others into it

- Explain your interest in physical activity to friends and family. Ask them to support your efforts.
- Invite friends and family to exercise with you.
- Plan social activities involving exercise.
- Develop new friendships with physically active people.

Stay motivated

- Make activity part of your family's schedule and write it on a family calendar.
- Invite a friend or family member to exercise with you regularly.
- Join an exercise group or class.
- Select simple activities, like walking, climbing stairs, or jogging.
- Exercise with friends who are at the same skill level as you are.
- Create opportunities for your children to be active with friends.

Build new skills

- Find a friend who is willing to teach you some new skills.
- Take a class to develop new skills and enroll your children in classes too, such as swimming, gymnastics, or tennis.

Use available resources

- Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or stretching and strengthening.
- Identify inexpensive, convenient resources in your community, such as park and recreation programs and worksite programs.

Make the most of all conditions

- Develop a set of regular activities for you and your family that are always available regardless of weather, such as indoor cycling, aerobic dance, indoor swimming, stretching and strengthening, stair climbing, rope skipping, mall walking and dancing.
- Look at outdoor activities that depend on weather conditions as "extra".

RECIPE OF THE WEEK

Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes

Number of Servings: 4

Ingredients:

- 2 medium sweet potatoes peeled and sliced thin
- 1 medium onion cut in half and sliced thin
- 2 medium cloves garlic, sliced
- 1/2 cup + 1 Tbsp low-sodium chicken or low-sodium vegetable broth
- 1/2 tsp curry powder
- 1/4 tsp turmeric
- 2 cups chopped and rinsed mustard greens
- 1 15 oz can sodium free diced tomatoes
- 1 15 oz can garbanzo beans, drained
- 2 Tbsp extra virgin olive oil
- salt and white pepper to taste

Directions: Steam peeled and sliced sweet potatoes for approximately 5 – 8 minutes. While steaming potatoes, slice onion and garlic. Heat 1 Tbsp broth in 12 inch skillet. Sauté onion in broth over medium heat for about 4-5 minutes stirring frequently, until translucent. Add garlic, curry powder, turmeric, and mustard greens. Cook, stirring occasionally until mustard greens are wilted, about 5 minutes. Add garbanzo beans, diced tomatoes, salt and pepper. Cook for another 5 minutes. Mash sweet potatoes with olive oil, salt and pepper. If you need to thin potatoes, add a little more broth. Serve mustard greens with mashed sweet potatoes.

Nutrition Facts

Amount Per Serving (1 potato)

Calories 300

Protein 8g

Fat 8g

Calories From Fat 70

Cholesterol 0mg

Carbohydrates 50g

Fiber 9g

Sodium 600mg

Did You Know?

Spending time in everyday family leisure activities is associated with greater emotional bonding within the family

Source: www.familyfacts.org