

Eating and Exercising for Good Health

Get Fit with 3 Types of Exercise:

Aerobic:

to work up a sweat

Anaerobic:

to build strength

Flexibility:

so you can keep moving



Problems working exercise into your day?

- **I don't have time to exercise for 30 minutes a day.**
Do as much as you can. Every step counts. If you're just starting out, start with 10 minutes a day and add more little by little. Work up to 10 minutes at a time, three times a day. Identify times when you could exercise. Walk the dog. Park away from the store. Exercise while you watch TV.
- **I'm too tired after work.**
Plan to do something active before work or during the day.
- **I don't have the right clothes.**
Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin.
- **It's too hot outside.**
If it's too hot, too cold or too humid, walk inside a school or a shopping center.
- **I can't afford to join a fitness center or buy equipment.**
Do something that doesn't require fancy equipment, such as walking or using cans of food for weights.
- **Exercise is boring.**
Find something you enjoy doing. Try different activities on different days.
- **It's not safe to walk in my neighborhood.**
Find an indoor activity, such as an exercise class at a community center or church. Invite friends to exercise. Go to the track at a nearby school.



Have some fun.

- Take kids to a park to play.
- Visit a farm to pick your own fruits and vegetables at a "U Pick 'Em."
- Show your kids the dances you did when you were a kid. Do you know how to do the Twist, the Pony, the Mashed Potato and the Swim?
- Walk every chance you get.

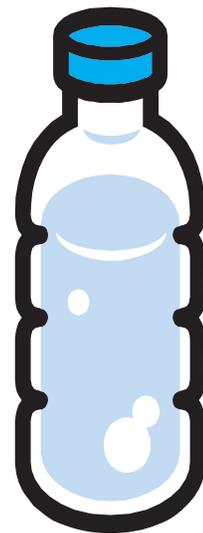
Tips from Louisiana Mothers –

Encourage your children to join sports activities and clubs. It will help them become active for life.

Drink more water.

When you and your family exercise, don't forget to drink plenty of water. Remind your kids to drink water, too.

- 2 cups or more before exercising.
- 1/2 cup every 15 minutes while exercising
- 2 cups of cold water after exercising



If it's a hot day you may feel thirsty enough to drink even more.

Try this wholesome dish to cool down after you exercise. It's a great way to prolong the life of ripe fruit:

Frozen Fruit Fun

Serves 6-8



- 2 cups of strawberries**
- 1 can (8 oz) crushed pineapple with juice**
- 4 bananas, sliced**
- 1 cup orange juice**
- 6-8 cupcake liners**

1. Mix all ingredients together in a bowl. Use any combination of fruits and juice.
2. Place cupcake liners into a muffin tin. Fill each with the fruit mixture.
3. Place in freezer. Serve. Best when partially defrosted.

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