



NEWS

Cent\$ible Nutrition

HELPING FAMILIES EAT BETTER FOR LESS

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“Before these classes, I never thought about how I ate over and above the recommended serving sizes. Now I am aware of how much I eat, and am feeling so much healthier and have more energy”.

Park County
Participant

Let's Get Moving!

Inactivity is at the heart of the weight issue in America. We are working more hours than our parents and grandparents but spending fewer work hours engaged in physical labor or activities. When we do get home, we collapse in front of the television.

There was a time when experts felt that to be of value, exercise needed to be vigorously aerobic for at least 20 minutes at a time, three or more days per week. Recent studies have shown that fitness gains are similar when physical activity occurs in several short sessions. The current recommendation for healthy adults is to include a total of at least 30 minutes of moderate physical activity on all, or most, days of the week.

For many of us, regular physical activity is about finding time to do it. Think of physical activity as recess and go to recess every day. Here are some tips and ideas to help you find the time to be active and to keep it fun.



“Given what we know about the benefits of physical activity, it should be mandatory to get a doctor's permission not to exercise.”

— Dr. P-O Astrand

Moving At Work

- ☺ Take the stairs - even two flights of stairs a day can do wonders.
- ☺ Set the alarm on your computer and do 20 jumping-jacks every hour or two.
- ☺ Choose a restaurant within walking distance for lunch.

Other Activities

- ⚙ Turn on your music and dance while you clean.
- ⚙ Keep a comfortable pair of walking shoes in the car - for a spontaneous walk!
- ⚙ Pack a picnic lunch and walk to a peaceful place with family or friends.

Outside Fun

- ♥ Play with the kids or take the dog for a walk.
- ♥ Sneak in a brief walk before and after work.
- ♥ Have a snowball throwing contest.



SENIOR SENSE

You can quickly spot people who are physically active every day. They look better, more energized and full of life. Regular physical activity helps prevent heart disease, helps control cholesterol levels and diabetes, lowers the risk of certain cancers, and helps reduce anxiety and depression. It also helps firm up your muscles and is a great stress reliever.

Finding pleasure in movement will improve your physical and mental health and your enjoyment of living.

Kids Corner

- Overweight children eat 50% more dinners in front of the TV than their normal weight peers.
- The more hours of TV watched per day, the greater the chance of developing weight problems.
- People who eat while watching TV tune out natural hunger and fullness cues, which encourages over eating.
- Family mealtime is very important for children both nutritionally and a developmentally.
- Provide pleasurable family meal times without distractions.

COST CUTTER

To receive more information, contact a *Centrable Nutrition* Educator

What's in a Deal?

Super sizing at your local fast food restaurant may seem like a great deal. But it's a bad deal for your health. Super sized foods are often high in fat and sugar. To really save money, if you super size, share the food with your whole family.

Albany	721-2571	Goshen	532-2436
Barstow	721-2571	Lincoln	886-3132
Campbell	682-2281	Laramie	633-4383
Carbon	328-5312	Lincoln	886-3132
Converse	358-2417	Natrona	235-9400
Crook	283-1192		

A *Centrable Nutrition* educator can show you how to:

- Invest food dollars in the best nutrition choices
- save time and money
- prepare tasty meals
- keep food safe

Participants receive a free *Centrable Nutrition Cookbook* plus many other gifts including:

- computerized diet analysis
- grocery list pad
- menu planner
- calendar
- cutting board
- refrigerator thermometer

Best of all, meet new friends, share ideas, and have fun! Classes are free to those who qualify.