Walking Your Way to Wellness

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For more information on ways to lead a healthier lifestyle visit our website GetHeathyCT.org
Like us on Facebook!

April 2016
Get Healthy Walk n’ Talk

**DID YOU KNOW?**
Walking can help aid in weight loss, improve breathing, improve circulation, strengthen bones, reduce stress, improve sleep, and prevent or manage chronic diseases.

**Come walk with us!**

*Get Healthy Walk n’ Talk* is a 4-week community walking series where the community is invited to take a walk with local health care professionals on Saturday mornings at Seaside Park. Each week will include:

- 1 hour walk with local health care professionals
- 30 minute health question and answer session
- Giveaways and refreshments

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<thead>
<tr>
<th>Date &amp; Time</th>
<th>Participating Health Care Professionals</th>
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<tbody>
<tr>
<td>Saturday, April 30th 10-11:30 am</td>
<td>Endocrinologist, Nutritionist, Internist</td>
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<td>Saturday, May 7th 10-11:30 am</td>
<td>Cardiologist, Pediatrician, Nutritionist, Midwife</td>
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<td>Saturday, May 14th 10-11:30 am</td>
<td>Nutritionist, Internist, Naturopath</td>
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<td>Saturday, May 21st 10-11:30 am</td>
<td>Nutritionist, Internist, Urgent Care Physician</td>
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**Interested in walking?**
- Register for the walks at [www.eventbrite.com](http://www.eventbrite.com) and search for *Get Healthy Walk n’ Talk*.
- All walks will start at Casino Beach, located in the middle of Seaside Park, near the horse stables. Just look for the Get Healthy CT table.
- Please arrive by 9:45 am on each walk day.
- You are welcome to attend as many of the walks as you can.
- Free parking!

For questions, please contact Jonathan James at (203) 576-7680

To find out more about Get Healthy CT, visit [www.gethealthyct.org](http://www.gethealthyct.org)
Confused when choosing shoes? Find the right ones in your budget with these tips.

Know what you need- It’s possible to spend anywhere from $19.99 for no-name brands to more than $170 for name brands sporting the latest technological wonder. A high price doesn’t always guarantee the right fit or features. Look for shoes that provide excellent support, cushioning and fit in the middle price range.

Walking shoes should be lightweight and breathable. The cushioning should be thickest in the heel and the shoe should be flexible enough to bend in your hands.

Running shoes provide even more cushioning and flexibility, so they’re also an option for walking. But the thicker treads could cause you to trip on carpet. Multi-purpose shoes like cross trainers are a good alternative if you want to combine several activities like walking, tennis and weight training in one workout.

Look for a specialty athletic shoe store with a good reputation and a knowledgeable staff. Know your foot type. People with high-arched feet tend to require greater shock absorption than those with average feet. High-arched (cavus) feet also suffer from lateral instability and are more prone to ankle sprains, while low-arched (“flat”) feet require shoes with less cushioning but greater support and heel control.

Get the right fit- Getting a good fit is critical. Remember, no matter how popular a shoe is or how good it may look, it won’t do you any good if it doesn’t support your unique foot or causes blisters. Grab the shoe at the ball and heel. Bend the shoe from front to back. The shoe should bend right near the ball of the foot, your foot’s natural hinge point. Then find the “heel counter,” a stiff cup sewn into the back of the shoe to provide heel support. Squeeze this cup into the shoe. It should be very stiff and not collapse inward easily.

Here are some more tips:

- Get fitted for footwear at the end of the day, when your foot size is at its maximum. It’s not unusual for a foot to increase half a shoe size in a day.
- Allow 1/2 inch (or the width of your index finger) between the end of your longest toe and the end of the shoe. If one foot is larger than the other, buy the larger size.
- The ball of your foot should match the widest part of the shoe and you should have plenty of room for your toes to wiggle without experiencing slippage in the heel. (Hint: Women tend to have a narrower heel than men, so try on several models to find the right style.)
- Wear the same weight of socks you intend to use during activity. Socks with a high cotton content retain moisture and cause blisters more easily. Look for socks that are made with synthetic fibers such as acrylic, polyester or Coolmax®.

Athletic shoes no longer require a break-in period, but they’ll lose their cushioning after three to six months of regular use (or 350-500 miles of walking or running). It’s important to replace your shoes regularly. If they’re no longer absorbing the pounding and jarring action of the sport, you’re more likely to sustain knee and ankle injuries.

Finally, just because a friend says that certain shoes are great doesn’t mean they’re right for you. Try out several pairs and simulate your activity on a hard surface to see what kind of support and cushioning you get. Then you and your feet will be ready to go!. For more information visit the American Heart Association website, www.heart.org
Stretches for Walking

Walking is a great way to add physical activity into your lifestyle. But remember stretching is a very important part of any activity program. Be sure to warm up for several minutes to get your muscles warm and then stretch slowly for at least 5 minutes before you begin.

You can start with these basic stretches but be sure to only stretch as far as is comfortable for your body. If you have certain medical problems that prevent you from some activities, check with your healthcare provider to be sure that you are in the right condition to perform these stretches.

- **Abductor (inner thigh) stretch:** Keeping your torso upright, lunge to one side with a bent knee over the toe. Keep your other leg straight. Push your weight to the “bent knee” side until you feel a stretch in the inner thigh of your straight leg. Hold 20–30 seconds on each leg.

- **Calf Stretch:** Stand facing a wall with both hands on it. Position one foot forward (knee bent) and the other leg back with the leg straight, toes pointing at the wall. With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of the back leg. Hold 20–30 seconds on each leg.

- **Chest stretch:** Place your fingertips lightly on the back of your head. Push your elbows back while squeezing with your upper back until you feel a stretch in your chest near your underarms. Hold for 20–30 seconds. Option: Another option is to stand in a corner with one hand or elbow on each wall. Your feet should be 1½–2 feet away from the corner in a split stance. Keeping your back straight and tummy pulled in, lean into the wall until you feel a stretch in your chest near your underarms. Hold for 20–30 seconds. (Keep feet staggered, one behind the other.)

- **Hamstring Stretch:** Prop one foot up on a low, secure bench or stair step. Stand tall. Keeping your chest high, hips square and tailbone lifted, bend forward from your hips. Feel a stretch in the back of your high or knee. Hold 20–30 seconds on each leg.

- **Hip Flexor Stretch:** Lunge forward with one leg, knee bent. The back leg can stay straight or bent slightly. Push your hips forward until you feel a stretch in front of your back thigh near the groin. Keep your torso upright and your front knee behind your toes. Hold 20–30 seconds on each leg.

- **Palm Touch:** Bend your knees slightly. Try to touch the floor by bending from the waist, but don’t bounce. Hold the position for 10 seconds, then repeat 1–2 times. If you have lower back problems, do the same thing, but with your legs crossed.

- **Shoulder Rolls:** Lift your shoulders up toward your ears, then down and backwards in a circular motion. Repeat 5–10 times. Perform with both shoulders simultaneously or alternate right and left.

- **Toe Touch:** Place your right leg on a chair or railing, making a 90-degree angle with the other leg. Keep your left leg straight and lean forward, touching the toes of your right leg. Don’t bounce. Switch legs and do the same thing. Repeat the entire exercise 1–2 times.

- **Wall Push:** Stand 18 inches away from a wall. Lean forward, pushing against the wall with your hands and keeping your heels flat on the ground. Hold it for 10 seconds, then relax. Repeat 1–2 times.

For more information visit the American Heart Association website, [www.heart.org](http://www.heart.org)
Regular physical activity is essential for good health and happiness.

People with very active jobs (i.e. construction worker, mail carrier) and those who frequently exercise typically reach the weekly recommended activity level of 150 minutes. However, the majority of Americans do not reach this amount because they either have less active jobs or are simply not ready to commit to an exercise routine (or both). If you need to be more active, make sure that you are always on the lookout for little ways to move more.

Here are 35 small ways to increase physical activity throughout your day:

1) Take the stairs instead of the elevator
2) Park farther away from the front door
3) Stand instead of sitting (this burns more calories)
4) Take a walk on your lunch break
5) Walk or bike to your destination instead of driving
6) Sit on an exercise ball at your desk instead of a chair (this builds core strength)
7) Do stretches or ride a stationary bike while watching TV
8) During commercial breaks do abdominal crunches, jumping jacks, push-ups, or simply get up and walk around
9) Take a 10 minute walk in the morning and/or evening
10) Play outside with your kids
11) Take the baby or kids for a stroller or wagon ride
12) Walk or run as your kids ride their bikes
13) Instead of sitting, walk around while watching your child’s sporting event
14) Take your dog for a walk (if you already do this, try making the walk longer or faster)
15) Do squats or lunges while waiting for your food to cook in the microwave
16) Do a few squats while brushing your teeth
17) Do calf raises while getting ready in front of the bathroom mirror
18) Take a walk when you are frustrated or bored (instead of eating)
19) Plant a garden
20) Maintain your garden (weeding, pruning, etc.)
21) Go for a walk with a friend instead of meeting for coffee
22) Have “walking meetings” at work when meeting with small groups of people (instead of meeting in a room, get up and walk around while talking)
23) Keep hand weights at your desk. Do bicep and tricep exercises while on phone calls
24) Turn on the music and dance around the house
25) Instead of making piles around the house, put things back in their place right away
26) Do house work regularly
27) Wash the car by hand instead of the drive-through car wash
28) Take an extra walk through the grocery store aisles before you check out
29) Get off the bus one stop early and walk to your destination
30) Shovel instead of using the snowblower
31) Rake leaves instead of using a leaf blower
32) Walk through your golf game instead of driving a cart
33) Get up and walk around after sitting for 30 minutes
34) Take a short walk on your lunch break
35) Wear a good quality pedometer and aim for 10,000 steps per day

Source: http://www.acefitness.org
Actividad física regularmente es esencial para la salud y felicidad.

Personas con trabajos muy activos (por ejemplo, trabajadores de construcción, carteros) Las personas con trabajos muy activos (es decir, trabajador de la construcción, del cartero) y aquellos que ejercen con frecuencia suelen alcanzar el nivel recomendado de actividad semanal de 150 minutos. * Sin embargo, la mayoría de los estadounidenses no llega a esta cantidad, ya sea porque tienen trabajos menos activos o simplemente no están dispuestos a comprometerse con una rutina de ejercicios (o ambos). Si necesita ser más activo, asegúrese de siempre estar en busca de pequeñas maneras de mantenerse en movimiento.

Aquí hay 35 maneras pequeñas para aumentar la actividad física durante el día:

1) Use las escaleras en vez del ascensor
2) Estacione el carro más lejos de la puerta principal
3) Póngase de pie en vez de sentarse (esto quema más calorías)
4) Tome un paseo durante el almuerzo
5) Camine o utilice la bicicleta a su destino en lugar de conducir
6) Siéntese en una pelota de ejercicio en su escritorio en lugar de una silla (esto aumenta la fuerza del núcleo)
7) Haga estiramientos o use una bicicleta estacionaria mientras que vea la televisión
8) Durante las pausas comcomerciales hagan abdominales, saltos, flexiones, o simplemente levántese y camine alrededor
9) Tome un paseo de 10 minutos por la mañana y / o noche
10) Juegue con sus hijos
11) Tome un paseo con los niños/ bebé en el coche o vagón
12) Camine o corra mientras sus hijos pasean en bicicletas
13) En lugar de sentarse, camine mientras que vea un evento deportivo de su hijo
14) Pasee a su perro (si ya hace esto, trate de hacer el paseo más largo o más rápido)
15) Haga sentadillas o estocadas mientras que espera que su comida se cocine en el microondas
16) Haga sentadillas mientras se cepilla los dientes
17) Parece en la punta de los pies intermitentemente mientras que se prepara delante del espejo del baño
18) Tome un paseo cuando se siente frustrado o aburrido (en lugar de comer)
19) Plante un jardín
20) Mantenga un jardín (des hierbe, recorte, etc.)
21) Tome un paseo con un amigo en lugar de encontrarse para un café
22) En lugar de reunirse una sala o oficina, si la reunión es en un grupo pequeño caminen mientras hablan
23) Mantenga pesas de mano pequeñas escritorio. Haga ejercicios de bíceps y tríceps, mientras esté en las llamadas telefónicas
24) Ponga música y balle alrededor en su casa
25) En lugar de hacer montones alrededor de la casa, guarde las cosas en su lugar inmediatamente
26) Haga el trabajo de casa regularmente
27) Lave el coche a mano en vez de llevarlo a un lavado de coches “drive-through”
28) Tome un paseo extra a través de los pasillos del súper mercado antes de salir
29) Bájese del autobús una parada antes y camine a su destino
30) Use una pala en lugar de utilizar el quitanieves
31) Use un rastrillo para las hojas en lugar de usar un soplador de hojas
32) Camine a través de su juego de golf en vez de manejar un carrito
33) Levántese y camine después de estar sentado durante 30 minutos
34) De un paseo durante su tiempo de almuerzo
35) Use un podómetro de buena calidad con el objetivo de dar 10,000 pasos por día

Source: [http://www.acefitness.org](http://www.acefitness.org)
Get Walking With This 12-Week Walking Schedule

This 12-week walking schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your doctor.

Try to walk at least five times each week. Always start with a five-minute, slower paced walk to warm up and end with a five-minute, slower paced walk to cool down. Start at a pace that's comfortable for you. Then gradually pick up speed until you're walking briskly — the equivalent of 3.5 miles an hour. You should be breathing hard, but still able to carry on a conversation. Each week, add two minutes to your walking time.

As you become more fit, you'll want to add strength training exercises, such as pushups and lunges, to your routine to meet the physical activity level recommended for healthy adults:

- At least 150 minutes of moderate aerobic activity — or 75 minutes of vigorous aerobic activity — a week
- Strength training exercises at least twice a week

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Online Resources to Search for Places to Walk in CT:
- Trail Link: [www.traillink.com](http://www.traillink.com)
- Hike CT: [www.hikect.com](http://www.hikect.com)
- CT Office of Tourism: [www.visitct.com](http://www.visitct.com)
- Every Trail: [www.everytrail.com](http://www.everytrail.com)
- CT Department of Energy and Environmental Protection: [http://www.ct.gov/deep](http://www.ct.gov/deep)
Inicie un Programa de Caminar de 12 Semanas

Este programa de caminata, de 12 semanas, es del Instituto Nacional del Corazón, Pulmón, y la Sangre, y puede ayudarle tener mejor salud. Antes de comenzar, hable con su médico.

Trate de caminar por lo menos cinco veces a la semana. Siempre comience con cinco minutos, con un ritmo más lento para calentar y termine con cinco minutos, de ritmo más lento para enfriarse. Comience a un ritmo que sea cómodo para usted. Después, aumenta la velocidad hasta que esté caminando rápidamente - el equivalente de 3.5 millas por hora. Usted debe respirar con fuerza, pero todavía capaz de mantener una conversación. Cada semana, añade dos minutos a su tiempo para caminar.

A medida que se acostumbre, puede añadir ejercicios de entrenamiento de fuerza, tales como flexiones y embestidas, a su rutina para cumplir con el nivel de actividad física recomendada para los adultos saludables:

- Por lo menos 150 minutos de actividad aeróbica moderada - o 75 minutos de actividad aeróbica vigorosa a la semana y ejercicios de entrenamiento de fuerza por lo menos dos veces a la semana.

<table>
<thead>
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<th>Semana</th>
<th>Tiempo para calentarse</th>
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Recursos en el internet para buscar lugares de caminar en Connecticut:

- Trail Link: [www.traillink.com](http://www.traillink.com)
- Hike CT: [www.hikect.com](http://www.hikect.com)
- CT Office of Tourism: [www.visitct.com](http://www.visitct.com)
- Every Trail: [www.everytrail.com](http://www.everytrail.com)
- CT Department of Energy and Environmental Protection: [http://www.ct.gov/deep](http://www.ct.gov/deep)
10 tips to help adults include physical activity into their lifestyle

**Being physically active is important for your health.** Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1. **start activities slowly and build up over time**
   - If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

2. **get your heart pumping**
   - For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3. **strength-train for healthy muscles and bones**
   - Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.

4. **make active choices throughout the day**
   - Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5. **be active your way**
   - Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6. **use the buddy system**
   - Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.

7. **set goals and track your progress**
   - Plan your physical activity ahead of time and keep records. It’s a great way to meet your goals. Track your activities with the Physical Activity Tracker on SuperTracker.* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8. **add on to your active time**
   - Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9. **increase your effort**
   - Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.

10. **have fun!**
    - Physical activity shouldn’t be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.


Go to [www.ChooseMyPlate.gov](http://www.choosemyplate.gov) for more information.
adultos activos

10 consejos para que los adultos incluyan actividad física en su estilo de vida

Mantenerse físicamente activo es importante para su salud. Los adultos que se mantienen físicamente activos tienen menos tendencia a adquirir enfermedades crónicas que los inactivos. La actividad física es cualquier forma de ejercicio o movimiento del cuerpo que usa energía. Gente de todas las edades, contexturas, tallas y habilidades se puede beneficiar con un estilo de vida activa.

1. Empiece con actividades poco a poco, aumente la dificultad con el tiempo
   Empiece lentamente si usted recién está empezando a hacer actividad física. Esto ayudará a prevenir lesiones. Después de algunas semanas incremente la frecuencia y el tiempo de su actividad.

2. Haga latir su corazón
   Para lograr los beneficios haga actividad física que requiera esfuerzo moderado por lo menos 2½ horas cada semana. Algunos ejemplos son: caminar a paso ligero, montar bicicleta, nadar y patinar. Distribuya sus actividades durante la semana, pero haga por lo menos 10 minutos cada vez.

3. Ejercicios de resistencia para mantener los músculos y huesos sanos
   Haga ejercicios de resistencia dos veces por semana. Actividades de fortalecimiento incluyen: levantar pesas, abdominales, ejercitar con las bandas elásticas y trabajo intenso en el jardín.

4. Manténgase activo a través del día
   Cada actividad cuenta, incluso las más cortas se van acumulando, algo es mejor que nada. Suba las gradas en vez usar el elevador, camine por 10 minutos en su tiempo de descanso y cuadre el carro lejos de su trabajo para caminar.

5. Manténgase activo a su manera
   Combine actividades; hay muchas maneras de mantenerse activo. Estos incluyen: caminar, montar bicicleta, bailar, practicar artes marciales, jardinería y jugar con la pelota. Pruebe diferentes actividades para ver cual de ellas le gusta más y añadir variedad.

6. Use el sistema de amigos
   Las actividades con la familia o los amigos se disfrutan más que las actividades a solas. Júntese con un grupo para caminar, asista a clases de gimnasia o juegue con los niños afuera. Cree su grupo de apoyo; sus amigos le animarán a mantenerse activo.

7. Fije su meta y tome nota de su progreso
   Planee actividad física con anticipación y registre sus avances. Es una buena manera de lograr su meta. Registre sus actividades con el “Physical Activity Activity Tracker” en el SuperTracker.* Use la función “My Journal” para anotar lo que le gusta hacer de tal manera que pueda construir un plan perfecto para usted.

8. Incremente su tiempo activo
   Una vez que tenga una rutina de ejercicios, trate de incrementar su actividad física semanal. Cuanto más tiempo dedique a mantenerse activo, más beneficios de salud obtendrá.

9. Incremente su esfuerzo
   Adicione actividades más intensas una vez que haya logrado actividad física moderada por un período considerable. Puede lograrlo empezando a correr en vez de caminar, nadar o montar bicicleta más rápido, jugar fútbol y participar en danzas aeróbicas.

10. ¡Diviértase!
    La actividad física no debería ser una tarea. Le ayudará a sentirse y vivir mejor. Escoja actividades que disfrute y que se acomoden a su estilo de vida.

Monthly Health Challenge: Squat Challenge

Squats are known as leg exercises but they encourage body-wide muscle building and have many benefits. Squats are a functional exercise making real-life activities easier, burn more fat, promote and maintain mobility and balance, and prevent injuries. An added benefit – squats will tone your backside abs, and entire body!

How do you perform a squat?
- Stand with feet shoulder width apart
- Keep your back in a neutral position with knees centered over feet (A)
- Slowly bend knees, hip and ankles (lowering as if you are sitting back in a chair) until you reach a 90 degree angle. Your knees should not go past your toes – remember to push your backside out (B)!
- Stand back up squeezing your backside at the top
- Repeat

New to Squats? We recommend the Easy Track (E) below.

Squat Champion? Do the Challenging Track (C) below.

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Source: [http://30dayfitnesschallenges.com/](http://30dayfitnesschallenges.com/)
Veggie Pizza with Cauliflower Crust

For a flavorful veggie pizza, use homemade cauliflower crust and top with mushroom mixture, tomatoes, spinach, basil and mozzarella.

Ingredients

- 1 cauliflower head, roughly chopped (about 3 pounds)
- Cooking spray
- 2 teaspoons olive oil, divided
- 1/2 cup presliced cremini mushrooms
- 1/2 cup sliced red bell pepper
- 1/2 cup thinly sliced fresh basil, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 1/8 teaspoon kosher salt
- 3 garlic cloves, minced
- 2.5 ounces shredded part-skim mozzarella cheese (about 2/3 cup), divided
- 2 large egg whites
- 0.5 ounces grated Parmesan cheese
- 1/2 cup thinly sliced seeded tomatoes
- 2/3 cup fresh baby spinach

Preparation

1. Preheat oven to 375°.

2. Place half of cauliflower in a food processor; pulse 10 to 15 times or until finely chopped (like rice). Transfer cauliflower to a baking sheet lined with parchment paper. Repeat procedure with remaining cauliflower. Coat cauliflower with cooking spray. Bake at 375° for 25 minutes, stirring once. Cool.

3. Increase oven temp to 450°.

4. Heat a large skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add mushrooms and bell pepper; sauté 5 minutes or until tender. Set aside.

5. Place cauliflower in a clean kitchen towel. Squeeze until very dry. Combine cauliflower, remaining 1 teaspoon oil, 1/4 cup basil, 1/8 teaspoon black pepper, salt, garlic, 2 ounces mozzarella cheese, egg whites, and Parmesan cheese in a bowl. Press cauliflower mixture into 2 (8-inch) circles on a baking sheet lined with parchment paper. Coat crusts with cooking spray.

6. Bake crusts at 450° for 22 minutes or until browned. Remove pan from oven; top crusts evenly with mushroom mixture, tomatoes, spinach, remaining 1/4 cup basil, remaining 1/8 teaspoon black pepper, and remaining mozzarella cheese. Bake an additional 7 minutes or until cheese melts.

YIELD: Serves 2 (serving size: 1 pizza)

Nutritional Information

Amount per serving
- Calories 350; Fat 15.8 g; Sat fat 6 g; Mono fat 5.7 g; Poly fat 1 g; Protein 26 g; Carbohydrate 32 g; Fiber 11 g; Cholesterol 25 mg; Iron 3 mg; Sodium 658 mg; Calcium 488 mg

Source: http://www.myrecipes.com/recipe/veggie-pizza-cauliflower-crust/print
Get Fit & Healthy Kids Day
New Haven Green
(located at 165 Church Street)
Saturday, April 30, 2016
11:00 am – 3:00 pm
Rain Location: YMCA at 52 Howe Street

Join Us As We Combine Get Fit Day and the YMCA’s Healthy Kids Day for 1 Fun-Filled Day on the New Haven Green!

This FREE & Fun For All Ages Includes:
• 1-Mile Fun Walk
• Exercise Classes
• Vendors
• Ideas to Help You Get Active and Eat Healthy
• Lots of Activities & More!

For more information on this event, or for help finding healthy food and places to exercise, visit us at: GetHealthyCT.org & Like us on Facebook!

Sponsors:
Get Healthy CT, YMCA, City of New Haven Parks & Recreation
Día de Ponerse en Forma y de Niños Saludables

en el New Haven Green
(situado a 165 Church Street)
Sábado, 30 de abril de 2016
11:00 am – 3:00 pm

en caso de lluvia: YMCA - 52 Howe Street

Únase a nosotros mientras combinamos el Día de Ponerse en Forma y el Día de Niños Saludables de la YMCA en un día lleno de diversión en el en Haven Green!

Este evento divertido y gratis para todas las edades, incluye:

• Caminata divertida de una milla
• Clases de ejercicios
• Vendedores
• Ideas para ayudarle a mantenerse activo y comer sano
• Actividades y más!

Para obtener mas información sobre este evento, o para obtener ayuda localizando comida saludable y lugares para hacer ejercicio, visítenos en: GetHealthyCT.org
&
Dele gusta (Like) en Facebook!

Anfitrión Patrocinador:
Get Healthy CT, YMCA, City of New Haven Parks & Recreation