Keep Moving Towards Good Health

Look inside for:

• 15 Ways to Add More Steps to Your Work Day
• Community Food Drive Flyer
• Get Healthy Walk ‘n Talks- New Haven and Bridgeport
• Move More + Live More
• Get Walking with this 12-Week Walking Schedule (English/Spanish)
• Small Steps to Increase Physical Activity (English/Spanish)
• Physical Activity at Home, Work and Play
• It’s All Greek to Me! The Mediterranean Diet
• Healthy Eating for an Active Lifestyle (English/Spanish)
• Monthly Recipe: Red Lentil Chili (English/Spanish)
• Monthly Health Challenge: Dumbbell Bicep Curl (English/Spanish)

For more information on ways to lead a healthier lifestyle visit our website getheathycf.org

April 2018
15 Easy Ways to Add More Steps to Your Work Day

1. Bring your sneakers to work so that you can easily walk throughout the day
2. Walk on your lunch break and take a co-worker with you
3. Take the stairs not the elevator
4. Park further away from your office, at the grocery store, while running errands, or getting coffee
5. Walk to work some days if you can, or get off the bus a few stops early and walk the rest of the way
6. Walk to talk with your co-workers instead of calling or e-mailing them
7. Plan to walk, not drive, to your next off-site meeting
8. Hold a walking meeting
9. While waiting for a meeting pace back and forth instead of sitting
10. Use the bathroom or printer that is furthest away from your desk
11. Find a mile-long walking route around your office and share it with your co-workers
12. Walk to a local coffee shop or store for a quick break
13. Make it a habit to walk around while you are on the phone
14. Set an alarm on your calendar that reminds you to get up and walk a little every hour
15. Track the steps you take outside of work; check the back of this handout for ideas

For more ideas, go to GetHealthyCT.org
Like us on Facebook!
Help celebrate National Public Health Week 2018 by supporting food pantries in two local communities!

Collecting Donations on Saturday, April 14 from 9 AM—2 PM at two locations:

ShopRite Hamden-2100 Dixwell Avenue
ShopRite Milford- 935 Boston Post Road

All food collected will be donated to a food pantry in the town where it was received.

See other side for some helpful ideas on items to donate!
Healthy Food Donation List

**Fruits**
- Canned fruit in 100% fruit juice or water
- Applesauce, unsweetened
- Dried fruit, such as raisins & prunes
- 100% fruit juice

**Vegetables**
- Canned vegetables, no salt added (Sodium 140mg or less)
- Canned tomatoes, no salt added (Sodium 140mg or less)
- Tomato sauce, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa (Sodium 140mg or less)

**Whole Grains**
- Whole grain or whole wheat pasta
- Brown rice, wild rice or quinoa
- Oatmeal or whole grain cream of wheat, unflavored
- Whole grain crackers (Fiber 3g or more)
- Whole wheat or corn tortillas, non-refrigerated (Fiber 3g or more)
- Whole grain cereal (Sugar 6g or less, Fiber 3g or more)
- Popcorn, kernels or microwave 94% fat free

**Dairy**
- 1% Low fat or fat free milk, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk, non-refrigerated, unsweetened

**Proteins**
- Peanut butter
- Canned beans, peas, lentils, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils
- Canned tuna, salmon, chicken or sardines in water, low sodium
- Nuts or seeds, unsalted

**Combination Foods**
- Soups, stews or chili (Sodium 480mg or less)
- Broth or stock, unsalted, (Sodium 140mg or less)
- Mac & cheese, whole grain

**Beverages**
- Tea bags
- Coffee
- Water, seltzer, unsweetened

**Condiments & Oils**
- Lite salad dressings
- Vinegar
- Vegetable, olive, or canola oil
- Dried herbs and spices
- 100% fruit spread

**Helpful Hints:**
- Choose pop-top lids
- Check food expiration dates

---

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. SNAP helps low income people buy nutritious food for a better diet. To get more information contact the CT Department of Social Services at 1- (833) 626-6632 or www.CT.gov/dss. USDA does not endorse any products, services, or organizations. Provided by Department of Public Health. This institution is an equal opportunity provider. Inspired by: https://www1.nyc.gov/assets/doh/downloads/pdf/public/donation-checklist.pdf
Every Saturday at 9 am beginning April 7

Farmington Canal Greenway Trail, corner of Shelton Ave. and Starr St., New Haven

Walk will begin at entrance on Starr St. and lasts approximately one hour. Parking is available at New Freedom Missionary Baptist Church, 280 Starr St., New Haven.

Interested in walking?
Register at ynhh.org/events or by calling 888-700-6543. Please arrive by 8:45 am on each walk day. Attend as many walks as you can!

For more information, contact Andy Orefice at 203-688-5671 or andrew.orefice@ynhh.org.

Join us on Saturday mornings on the Farmington Canal Greenway Trail:
- Get active in a fun and social environment
- Chat with healthcare providers
- Meet new friends

All ages and fitness levels are welcome!

To find out more about Get Healthy CT, visit gethealthyct.org.
GET HEALTHY WALK ‘N TALK

SATURDAYS, MAY 5 – JUNE 9
9:00 AM -10:30 AM

SEASIDE PARK

- Get physical activity while talking with local healthcare professionals
- Learn about a different health topic each week
- Open to all ages and fitness levels
- Attend all 6 walks and be entered into a drawing for some great prizes!

LOOK FOR OUR BANNER NEAR THE WEST BEACH BATH HOUSE

PLEASE ARRIVE ABOUT 15 MINUTES BEFORE THE START OF EACH WALK

REGISTER AT WWW.EVENTBRITE.COM

SEARCH FOR “GET HEALTHY WALK ‘N TALK”

Sponsored by:
City of Bridgeport Department of Health and Social Services & Get Healthy CT
Move More at Work

1. **Work out at work.**
   Add activity to your work day. Take 10-minute walking breaks, schedule walking meetings or walk to a nearby restaurant for lunch instead of driving to get up on your feet and break up your day.

2. **Stuck at your desk?**
   Try doing some yoga or stretching during downtime. Ten minutes of stretching is like walking the length of the football field. No matter where you are, every move counts.

3. **Fuel up.**
   Snack on healthy carbs like vegetables, fruits and whole grains so you’ll have the energy to be physically active, even after a long day at work!

4. **Take the stairs.**
   The elevator may go up — but it doesn’t up your opportunities for activity. Take the stairs instead, even if only for a floor or two. You may huff and puff at first, but over time, your body will thank you.

5. **Buddy up.**
   Find a physical activity accountability partner and schedule time to walk together at work. The coworker who always holds you to your deadlines can also help you reach your fitness goals.

6. **Fit in walking.**
   Being more active doesn’t have to take up a lot of time. You can walk just about anytime, anywhere, and every 10-minute session you accomplish at work counts toward your goal of at least 150 minutes per week.

7. **Join the team.**
   Team sports can be a fun way to get active. Join a recreation center or league in your community and round up your coworkers for an informal game.

Find more ways to be Healthy For Good at heart.org/MoveMore

©2018, American Heart Association 3/18DS13117
Move More Outdoors & With Your Pet

8. Park and go.
How many times have you circled the parking lot to find that “rock star” spot? Spare yourself the stress by parking farther away (or even in a remote lot) and walking the rest of the way to your destination.

Make sure you have the right gear for added comfort and support. That may mean a new sports bra, moisture-wicking shirt, or shoe inserts.

10. Break it up.
It’s OK to break up your total physical activity goal into shorter sessions. Get started by taking the dog for one 10-minute walk every day. Ten-minute bursts a few times a day can get you to your goal without feeling overwhelming. And your furry friend will thank you!

11. Pick up the pace.
When walking, running or cycling, increase your speed from leisurely to brisk or choose a route with more hills or inclines. Or alternate moderate and vigorous intensity. You’ll get a more intense workout in the same amount of time.

12. It’s a dog’s life.
A dog can be a great walking or running companion. If you don’t have one of your own you could volunteer at a local shelter, help out a neighbor who is too busy to walk their dog, or start a dog-walking service!

13. Get your garden on!
Gardening, lawnmowing and yard work are a great way to get active outdoors. No yard? No problem. Try container gardening or a local community garden.

Head outside anytime to enjoy some fresh air and a quick game of fetch or keep-away. Even if you only have 10 or 15 minutes to spare, you and your pet will get some exercise and bonding time.

Find more ways to be Healthy For Good at heart.org/MoveMore
Move More at Home

15. **Fitness first.**
   Shake up your family’s after-school/after-work routine. Join your kids for a bike ride or shoot some hoops before starting on homework and chores. You’ll all feel better and think better!

16. **Just dance.**
   Instead of heading right for the TV or game console after dinner, make that family activity time. Clear some space, put on some music, and take a dance break! Let each person take a turn as DJ so everyone’s favorites get played.

17. **Be an active parent.**
   Experts say that what kids want more than anything else is time with their parents. To give them that, don’t just send them out to play — go play with them! Unleash your inner child with fun games like chase, tag and kid-friendly obstacle courses!

18. **Make active chore cards.**
   Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch – and get the chores done.

19. **Tune into fitness during TV time.**
   Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a 10-minute activity session between episodes. Or challenge the kids to see who can do the most burpees, pushups or jumping jacks during commercial breaks.

20. **Change up date night.**
   An evening out with your spouse or bestie doesn’t have to mean dinner and a movie. Keep a list of activities that would be fun to do together, like walking, bowling, miniature golf, dancing, indoor rock climbing, or hula hooping! Get creative – the possibilities are endless.

21. **Do it anyway.**
   Didn’t make it to the gym before it closed? Create your own circuit workout at home! No equipment needed, just a little willpower and creativity.

Find more ways to be Healthy For Good at heart.org/MoveMore
22. **Schedule it.**
Having trouble making time for physical activity? Set an alarm on your phone or schedule it on your calendar. Try to be active around the same time each day to help the routine stick.

23. **Set a goal & keep going.**
Having a goal will help you stay on track and sharing it with others can help you keep yourself accountable. If you’re the competitive type, challenge friends, family or coworkers and see who can consistently meet their goals over time. If you miss a day or a workout, don’t worry about it. Skip the guilt and focus on what you will do tomorrow.

24. **Fight fatigue.**
Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in or use insoles to keep your legs and feet feeling supported.

25. **Go mobile.**
Catching up on phone calls? Walk while you talk – in your neighborhood, on a treadmill or around your house. If you use a headset or earbuds, make sure you can still hear traffic.

26. **Get a kinder, gentler workout.**
Try mindful movement like yoga, tai chi or qi gong. These gentle mind-body practices may leave you less stressed and more relaxed while improving your health.

27. **Do what you love.**
Find activities that fit your personality and motivate you to stick with them. If you’re a social person, try a group dance class, a kickball team or walking with a group of friends. If you prefer time alone, yoga or running might be a better fit for you.

28. **Stay active when you travel.**
Don’t take a vacation from fitness. Instead of a bus tour, see the sights by walking or bicycling. If you’ll be spending a lot of time in an airport, walk while you wait! Throw a jump rope or resistance band in your suitcase. And take advantage of the hotel fitness center or swimming pool.

29. **Get active for a cause.**
If you live to help others, active community events like the Heart Walk are a great way to do something healthy while giving back. Some even offer fitness training, team opportunities and prizes!

30. **Warm up to warming up.**
A proper warm-up (and cool-down) can help you improve flexibility and avoid injury. You’ll feel better after every workout and be more likely to stick with it.

Find more ways to be Healthy For Good at heart.org/MoveMore
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

<table>
<thead>
<tr>
<th>Week</th>
<th>Warm-Up</th>
<th>Brisk Walking</th>
<th>Cool-Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 minutes</td>
<td>5 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>2</td>
<td>5 minutes</td>
<td>7 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>3</td>
<td>5 minutes</td>
<td>9 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>4</td>
<td>5 minutes</td>
<td>11 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>5</td>
<td>5 minutes</td>
<td>13 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>6</td>
<td>5 minutes</td>
<td>15 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>7</td>
<td>5 minutes</td>
<td>18 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>8</td>
<td>5 minutes</td>
<td>20 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>9</td>
<td>5 minutes</td>
<td>23 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>10</td>
<td>5 minutes</td>
<td>26 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>11</td>
<td>5 minutes</td>
<td>28 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>12</td>
<td>5 minutes</td>
<td>30 minutes</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>


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>
<tr>
<th>Semana</th>
<th>Tiempo para calentarse</th>
<th>Tiempo de caminar</th>
<th>Tiempo para baja la intensidad</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 minutos</td>
<td>5 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>2</td>
<td>5 minutos</td>
<td>7 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>3</td>
<td>5 minutos</td>
<td>9 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>4</td>
<td>5 minutos</td>
<td>11 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>5</td>
<td>5 minutos</td>
<td>13 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>6</td>
<td>5 minutos</td>
<td>15 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>7</td>
<td>5 minutos</td>
<td>18 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>8</td>
<td>5 minutos</td>
<td>20 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>9</td>
<td>5 minutos</td>
<td>23 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>10</td>
<td>5 minutos</td>
<td>26 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>11</td>
<td>5 minutos</td>
<td>28 minutos</td>
<td>5 minutos</td>
</tr>
<tr>
<td>12</td>
<td>5 minutos</td>
<td>30 minutos</td>
<td>5 minutos</td>
</tr>
</tbody>
</table>


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)
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 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 comerciales 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 sienta frustrado o aburrido (en lugar de comer)
19) Plante un jardín
20) Mantenga un jardín (desherbe, recorte, etc.)
21) Tome un paseo con un amigo en lugar de encontrar 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 este en las llamadas telefónicas
24) Ponga música y baile 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 supermercado 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
10 tips
Nutrition Education Series

10 tips to make physical activity a regular part of the day

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

1. take 10
   Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

2. mix it up
   Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.

3. be ready anytime
   Keep comfortable clothes and walking or running shoes in the car and at the office.

4. find ways to move
   Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

5. work out during TV time
   Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

6. be an active parent
   Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

7. find support
   Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

8. enjoy the great outdoors
   Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

9. look for wellness at work
   Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

10. the chores count, too!
    Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 40
June 2015
The Mediterranean Diet is high in fruits, vegetables, whole grains, olive oil, and legumes. Limiting red meats, eggs, and sweets while having plenty of seafood, fruits and vegetables is stressed. This diet high in fiber and healthy fats has benefits for heart health, blood sugar control, and weight control.

**BROWN RICE TABBOULEH**

**Ingredients:** 3 cups cooked brown rice, ¼ cup chopped cucumber, ¼ cup chopped tomato, ½ cup chopped fresh parsley, ¼ cup chopped fresh mint leaves, ¼ cup sliced green onions, ¼ cup olive oil, ¼ cup lemon juice, ⅛ tsp salt, ⅛ tsp black pepper

**Instructions:** Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt, and pepper in a large bowl. Toss well and chill.

**DO MORE**
1. Eat more whole grains like brown rice, barley, & bulgur.
2. Cook a meatless meal once/week.
3. Eat fish twice a week instead of red meats.
4. Use healthy fats like olive oil, avocados, and nuts.
5. Eat more fruits and veggies!

**DO LESS**
1. Eat white rice and pasta.
2. Eat red meat every day.
3. Use butter, margarine, or lard.
4. Eat less than 2 fruits and 3 vegetables each day.

**NUTRITION**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Sat. Fat</th>
<th>Sodium</th>
<th>Protein</th>
<th>Carb</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BROWN RICE TABBOULEH</strong></td>
<td>196 kcal</td>
<td>1.5 gm</td>
<td>201 mg</td>
<td>2.8 gm</td>
<td>24.5 gm</td>
<td>2.3 gm</td>
</tr>
</tbody>
</table>

For more information: [https://oldwayspt.org/traditional-diets/mediterranean-diet](https://oldwayspt.org/traditional-diets/mediterranean-diet)

Written by: Thao Uyen Nguyen, Dietetic Intern
Yale New Haven Hospital Nutrition Clinic  |  20 York St. - CBB 52, New Haven, CT 06510  |  (203) 688-2422
For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

1. Maximize with nutrient-packed foods
   - Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2. Energize with grains
   - Your body’s quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3. Power up with protein
   - Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

4. Mix it up with plant protein foods
   - Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5. Vary your fruits and vegetables
   - Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.

6. Don’t forget dairy
   - Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7. Balance your meals
   - Use MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

8. Drink water
   - Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9. Know how much to eat
   - Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that’s right for you, and track progress toward your goals. Lean more at www.SuperTracker.usda.gov.

10. Reach your goals
    - Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentsscience.org to sign up for the Presidential Active Lifestyle Award (PALA+).
10 consejos para un estilo de vida activa

Para jóvenes y adultos comprometidos a practicar deportes y mantener actividad física, la alimentación saludable es esencial para optimizar su rendimiento. La buena alimentación y la actividad física lo conducirán a un estilo de vida saludable.

1 maximize alimentos nutritivos
Dé a su cuerpo los nutrientes que éste necesita escogiendo alimentos nutritivos; incluya cereales integrales, productos con proteína y bajos en grasas, frutas, vegetales y leche sin o baja en grasa. Coma menos alimentos ricos en grasas sólidas, azúcares adicionados y sodio (sal).

2 revitalize con cereales
La fuente rápida de energía de su cuerpo proviene de alimentos como el pan, pasta, avena, otros cereales y tortillas. Asegúrese que por lo menos la mitad de los productos de grano que seleccione sean integrales como pan, pasta o arroz integral.

3 enriquezca con proteína
La proteína es esencial para desarrollar y mantener los músculos. Seleccione carne de res o cerdo baja en grasa, pollo o pavo sin pellejo. Obtenga proteína del pescado dos veces a la semana. Fuentes ricas en proteína también provienen de las plantas.

4 consuma proteínas de origen vegetal
La variedad es grandiosa! Seleccione legumbres (frijoles tipo riñón, pinto o negras; alverjitas; garbanzo y crema de garbanzo), productos de soya (tofu, tempeh, hamburguesas vegetales), nueces sin sal y semillas.

5 diversifique las frutas y verduras
Obtenga los nutrientes que su cuerpo necesita consumiendo variedad de colores en varias formas. Puré de bayas azules, rojas o negras; pimientos rojos o amarillos, verduras como la espinaca o acelga. Seleccione frutas frescas, deshidratadas, congeladas, enlatadas bajas en sodio o jugos 100% de frutas.

6 no olvide los productos lácteos
Alimentos como la leche sin o baja en grasa, queso, yogurt y bebidas fortificadas de soya (leche de soya) ayudan a mantener los huesos sanos, tan necesarios para las actividades diarias.

7 balancee las comidas
Use MyPlate para recordar e incluir todos los grupos de alimentos en sus comidas diarias. Lea más en ChooseMyPlate.gov.

8 beba agua
Manténgase hidratado bebiendo agua en vez de bebidas azucaradas. Guarde y reuse botellas de agua para tener siempre agua a la mano.

9 conozca cuánto debe comer

10 logre su meta
Obtenga reconocimiento presidencial por alcanzar sus metas de alimentación saludable y actividad física. Vaya a www.presidentschallenge.org para inscribirse al premio “Vida Activa Presidencial” (PALA por sus siglas en inglés).

Red Lentil Chili
Serves 4-6
Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons of the food pantry with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer’s market produce, while covering culinary lessons like food safety and classical French techniques. Chef Raquel recently ran a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs.

A Bridgeport resident, Chef Raquel provides cooking programming for children and adults at Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge/FreshConnections, local senior centers and for the 7 Bridgeport Farmers markets.

Chef Raquel is a board member of the Bridgeport Food Policy Council and the Bridgeport Farmers Market Collaborative.

**Ingredients:**
- 1 ½ tablespoon of olive or canola oil
- 1 yellow or red onion, diced
- 1 red pepper, seeded diced
- 2 Tablespoons ground chili powder
- 1 Tablespoon of ground cumin
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 1-16 ounce bag of red lentils
- 1-14.5-ounce canned diced tomatoes
- 1 cup of water, more as needed
- 1 15 ounce can of low sodium black beans, rinsed and drained
- 1 jalapeño, seeded and halved, optional
- cilantro, chopped, optional
- Salt & Pepper, to taste

**Optional Toppings:** sour cream, shredded cheddar cheese, scallions, lime, corn bread optional

**Directions:**
1. In a large pot, heat oil over medium heat until warm. Add onion, red pepper and spices. Cook while stirring until onions are translucent and peppers have softened.
2. Add in garlic and cook until fragrant. Add tomato paste and cook for 5 minutes.
3. Next add lentils, diced tomatoes, jalapeño if using and water to cover by 3 inches. Season with salt and pepper. Cook until lentils are tender, about 35 minutes.
4. Add in beans and combine well. Cook for another 5 minutes. Then remove from heat, stir in cilantro and serve chili with preferred toppings.

Chef Raquel Rivera-Pablo
A Pinch of Salt, LLC
www.apinchofsalt.com
Raquel@apinchofsalt.com
Chile de Lentejas Rojo
Sirves 4-6

La chef Raquel Rivera-Pablo, propietaria de A Pinch of Salt, se graduó con los más altos honores del programa culinario en el Instituto de Educación Culinaria (ICE) después de completar su pasantía en Le Bernardin en Nueva York. La chef Raquel fue la instructora de nutrición / chef en West Side Campaign Against Hunger y brindó a los clientes de la despensa de alimentos un plan de cocina prático de 12 semanas para enseñar comidas saludables y económicas que incorporan productos básicos de despensa con productos del mercado de agricultores, mientras cubriendo las lecciones culinarias como la seguridad alimentaria y las técnicas clásicas francesas. La chef Raquel dirige un programa piloto, A Pinch of Salt: The Restaurant Edition, una capacitación culinaria práctica y gratuita de 12 semanas para residentes de bajos ingresos de Bridgeport que aspiran a ser chefs y emprendedores de alimentos.

Residente de Bridgeport, Chef Raquel ofrece programación de cocina para niños y adultos en Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge / FreshConnections, centros para personas mayores y para los 7 mercados de Bridgeport Farmers. La Chef Raquel es miembro de la junta del Consejo de Política Alimentaria de Bridgeport y miembro de Bridgeport Farmers Market Collaborative.

Ingredientes:
1 ½ cucharada de aceite de oliva o canola
1 cebolla amarilla o roja, cortada en cubitos
1 pimiento rojo, sin semillas en cubitos
2 cucharadas de chile molido en polvo
1 cucharada de comino molido
2 dientes de ajo picados
2 cucharadas de pasta de tomate
1 16 onzas bolsa lentejas rojas
1-14.5 onzas de tomates cortados en cubos
1 taza de agua, más según sea necesario
1 lata de 15 onzas de frijoles negros bajos en sodio, enjuagados y escurridos
1 jalapeño, sin semillas y reducido a la mitad, opcional cilantro, picado, opcional
Sal y pimienta, al gusto

Ingredientes opcionales: crema agria, queso cheddar rallado, cebolla de verdeo, lima, pan de maíz opcional

DIRECCIONES:
1. En una olla grande, caliente el aceite a fuego medio hasta que esté tibio. Agregue la cebolla, el pimiento rojo y las especias. Cocine revolviendo hasta que las cebollas estén translúcidas y los pimientos se hayan ablandado.
2. Agregue el ajo y cocine hasta que esté fragante. Agregue la pasta de tomate y cocine por 5 minutos.
3. Luego agregue lentejas, tomates cortados en cubitos, jalapeño si se usa y agua para cubrir por 3 pulgadas. Condimentar con sal y pimienta. Cocine hasta que las lentejas estén tiernas, aproximadamente 35 minutos.
4. Agregue los frijoles y combine bien. Cocine por otros 5 minutos. Luego retire del fuego, agregue el cilantro y sirva el chile con ingredientes preferidos.

Chef Raquel Rivera-Pablo
A Pinch of Salt, LLC
www.apinchofsalt.com
Raquel@apinchofsalt.com
Monthly Health Challenge - Dumbbell Bicep Curl

Want to strengthen and work your biceps and forearms? You can start with the dumbbell bicep curl challenge, a bicep exercise that works on your strength. As you perform this dumbbell biceps curl, your arms will get stronger enabling you to lift heavier and avoid injury.

**How to perform the perfect dumbbell biceps curl:**

1. Stand up straight with a dumbbell in each hand at arm’s length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.
2. Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps.
3. Then, inhale and slowly begin to lower the dumbbells back to the starting position.
4. Repeat for the recommended amount of repetitions.

*If you don’t have dumbbells, a bottle of water or can of soup are good substitutes for weights
*Begin with small weights, and increase weight for more of a challenge.

* For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C).

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(E) 5</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>(C) 10</td>
<td>(E) 10</td>
<td>(C) 15</td>
<td>(E) 15</td>
<td>(C) 20</td>
<td>Rest Day</td>
</tr>
<tr>
<td>2</td>
<td>(E) 20</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>Rest Day</td>
</tr>
<tr>
<td>3</td>
<td>(C) 25</td>
<td>(E) 25</td>
<td>(C) 30</td>
<td>(E) 30</td>
<td>(C) 35</td>
<td>Rest Day</td>
</tr>
<tr>
<td>4</td>
<td>(E) 35</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>Rest Day</td>
</tr>
<tr>
<td>5</td>
<td>(C) 40</td>
<td>(E) 40</td>
<td>(C) 45</td>
<td>(E) 45</td>
<td>(C) 50</td>
<td>Rest Day</td>
</tr>
<tr>
<td>6</td>
<td>(E) 55</td>
<td>23</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>Rest Day</td>
</tr>
<tr>
<td>7</td>
<td>(C) 60</td>
<td>(E) 60</td>
<td>(C) 65</td>
<td>(E) 65</td>
<td>(C) 70</td>
<td>Rest Day</td>
</tr>
<tr>
<td>8</td>
<td>(E) 70</td>
<td>31</td>
<td>31</td>
<td>31</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>9</td>
<td>(C) 70</td>
<td>(E) 70</td>
<td>(C) 75</td>
<td>(E) 75</td>
<td>(C) 75</td>
<td>(E) 75</td>
</tr>
</tbody>
</table>

El reto del mes - Flexiones de bíceps

¿Quieres fortalecer y trabajar tus bíceps y antebrazos? Puedes comenzar con flexiones de bíceps, un ejercicio de bíceps que ayuda a fortalecer tus brazos. A medida que realice las flexiones de bíceps, tus brazos se fortalecerán y le permitirá levantar más peso y evitar lesiones.

Cómo actualizar flexiones de bíceps perfectas:
1. Párese derecho con una pesa en cada mano a la longitud del brazo. Mantenga los codos cerca de su torso y gire las palmas de sus manos hasta que estén mirando hacia adelante. Esta será su posición inicial.
2. A continuación, manteniendo los brazos estacionarios, exhale y levante las pesas mientras contrae los bíceps. Continúe elevando las pesas hasta que sus bíceps estén completamente contraídos y las pesas estén al nivel del hombro. Mantenga la posición contraída durante una breve pausa al apretar los bíceps.
3. Finalmente, inhale y comience lentamente a bajar las pesas de nuevo a la posición inicial.
4. Repita para la cantidad recomendada de repeticiones.

*Si no tiene pesas disponibles, puede usar botellas de agua o latas de comida como sustitutos para pesas.
*Comience con pesas pequeñas y aumente el peso para ser más desafiante.

*Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

<table>
<thead>
<tr>
<th>Dominos</th>
<th>Lunes</th>
<th>Martes</th>
<th>Miércoles</th>
<th>Jueves</th>
<th>Viernes</th>
<th>Sábado</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (F) 5</td>
<td>2 (F) 10</td>
<td>3 (F) 15</td>
<td>4 (F) 15</td>
<td>5 (F) 20</td>
<td>6 (F) Rest Day</td>
<td>7 (F) 20</td>
</tr>
<tr>
<td>2 (D) 10</td>
<td>(D) 10</td>
<td>(D) 15</td>
<td>(D) 20</td>
<td>(D) Rest Day</td>
<td>(D) Rest Day</td>
<td></td>
</tr>
<tr>
<td>8 (F) 20</td>
<td>9 (F) 25</td>
<td>10 (F) 30</td>
<td>11 (F) 35</td>
<td>12 (F) 35</td>
<td>13 (F) Rest Day</td>
<td>14 (F) 35</td>
</tr>
<tr>
<td>(D) 25</td>
<td>(D) 30</td>
<td>(D) 30</td>
<td>(D) 35</td>
<td>(D) 35</td>
<td>(D) Rest Day</td>
<td>(D) 35</td>
</tr>
<tr>
<td>15 (F) 35</td>
<td>16 (F) 40</td>
<td>17 (F) 45</td>
<td>18 (F) 50</td>
<td>19 (F) 50</td>
<td>20 (F) Rest Day</td>
<td>21 (F) 55</td>
</tr>
<tr>
<td>(D) 40</td>
<td>(D) 40</td>
<td>(D) 45</td>
<td>(D) 50</td>
<td>(D) 50</td>
<td>(D) Rest Day</td>
<td>(D) 55</td>
</tr>
<tr>
<td>22 (F) 55</td>
<td>23 (F) 60</td>
<td>25 (F) 65</td>
<td>26 (F) 70</td>
<td>27 (F) 70</td>
<td>28 (F) Rest Day</td>
<td>29 (F) 70</td>
</tr>
<tr>
<td>(D) 60</td>
<td>(D) 60</td>
<td>(D) 65</td>
<td>(D) 65</td>
<td>(D) 70</td>
<td>(D) Rest Day</td>
<td>(D) 70</td>
</tr>
<tr>
<td>30 (F) 70</td>
<td>31 (F) 75</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(D) 75</td>
<td>(D) 75</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>