Being Active this Spring

Spring is a great season to include more outdoor physical activity. After a long winter, we are finally able to get outside to enjoy the warmer weather and allow our bodies to benefit from more physical activity. Eat Smart Idaho reminds you that physical activity is a proven way to improve your health.

Follow these tips to get moving this season:

- **Before starting any new physical activity be sure to check with your health care provider to make sure they approve of your new activity.**

- **Determine what type(s) of physical activity you enjoy**—walking, biking, swimming, aerobic/yoga group classes, stretching, tennis, etc. If you choose to do activities you enjoy, you are more likely to follow through and succeed. Finding a group of people that enjoy these same activities can motivate you to continue them as well.

- **Try to schedule a block of time in your day for physical activity.** Just like you would schedule appointments or meetings, schedule your physical activity.

- **Aim for at least 30 minutes of physical activity most days** of the week and remember the activity can be broken up into segments or done all at one time.

- **Set achievable, realistic goals to begin your plan for more physical activity.** Set a weekly goal and at the end of each week evaluate how you did before moving forward and setting the goal for week 2. If you are just beginning to be active after an inactive winter, maybe the goal for week 1 is to be active for 20 minutes, 3 days a week and then increase the amount of time and number of days per week, each week. Set small goals and celebrate your success.

Use the beautiful springtime weather to get your body moving with increased physical activity and to improve your health.
Cranberry Oatmeal Balls

1 cup quick-cooking oats
1/3 cup almonds, chopped
1/3 cup reduced-fat peanut butter
1/4 cup honey
1/3 cup dried cranberries

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Place balls on a cookie sheet. Refrigerate for 30 minutes.

Parmesan Roasted Potatoes

3 cups potatoes cut in 1-inch pieces
1/4 teaspoon each salt and pepper
1/2 cup Parmesan cheese, shredded or grated
2 teaspoons oil

1. Preheat oven to 400 degrees.
2. In a large bowl, toss potatoes with oil, salt and pepper.
3. Place potatoes in a single layer on a large baking sheet.
4. Roast 25 minutes; sprinkle with cheese; roast 5 to 10 minutes more. Serve warm.
5. Refrigerate leftovers within 2 hours.

Sources: http://msue.anr.msu.edu/news/being_active_this_spring; https://www.foodhero.org/ retrieved 04/30/16

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This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho’s toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.