

SENIOR NUTRITION NEWS

Eat Smart Idaho Program

July 2018

Make Everyday Moving Day!

What we eat, day in and day out, is vital to our personal health. Aiming for healthful eating is just one piece of the wellness puzzle. Physical activity is the other side, and most of us need to find ways to be more physically active.

Why is daily physical activity so important?

In addition to weight control and reducing risk for chronic diseases, regular physical activity has been shown to reduce the risk for some cancers, strengthen bones and muscles, and improve mental health and mood.

I don't have the time or the money to go to a gym or join a class. How can I fit more movement into my day?

Physical activity is anything that gets your body moving. It doesn't have to be expensive or added on to your "to-do" list. Just move enough to get your heart rate up for at least 10 minutes at a time at least 3 times per day. Many household chores can count as physical activity – and it's great to feel better about increasing your activity AND checking off tasks like mowing the lawn, walking the dog, climbing the stairs, or simply parking farther from the door while shopping.

I'm older, and I can't move as well as I used to?

Everyone can gain the health benefits of physical activity - age, ethnicity, shape or size do not matter. If you are physically active in middle age or as an older adult, you have a lower risk of losing the ability to do everyday activities such as climbing stairs, grocery shopping, or playing with your grandchildren than people who are inactive. Aerobic and muscle-strengthening activities can improve your ability to do everyday tasks – even those you may already struggle with.

Not doing any physical activity can be bad for you, no matter your age or health condition. You don't have to be in super physical shape or be able to be active for long periods of time to reap the benefits of physical activity – some is better than none at all! The health benefits will also increase with the more physical activity you do. Check with your healthcare provider to decide what is appropriate for you.



Summer Vegetable & Pasta Salad

3 cups whole wheat pasta (uncooked)
1 cup cucumber (peeled and diced)
3/4 cup low-fat Italian salad dressing

1 cup broccoli (chopped)
1 cup summer squash (sliced)

1. Cook pasta according to package directions. Drain, rinse with cold water, and place in large bowl.
2. Add remaining ingredients and mix well.
3. Refrigerate leftovers within 2 hours.



Cucumber Salad

1 large cucumber (peeled and sliced thin)
1 tablespoon vinegar
1 tablespoon water
1 dash pepper (optional)

2 tablespoons low-fat yogurt
1 tablespoon vegetable oil
1 teaspoon dill weed (optional)

1. Peel and cut cucumber into thin slices.
2. Place all other ingredients in a mixing bowl and whisk thoroughly to combine.
3. Add cucumber slices and toss until all slices are coated.
4. Chill until serving.

Sources: https://www.ksre.k-state.edu/humannutrition/newsletters/good-for-you/goodforyou-documents/fall_12goodforyou.pdf; <https://extension.purdue.edu/foodlink/recipe.php?recipe=Summer%20Vegetable%20and%20Pasta%20Salad>; <https://extension.purdue.edu/foodlink/recipe.php?recipe=Cucumber%20Salad> retrieved 06/29/18

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Kootenai & Shoshone Counties	446-1680
Bonner & Boundary	263-8511
Latah	883-2267
Clearwater or Nez Perce	799-3096
Idaho or Lewis	983-2667



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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.