

SENIOR NUTRITION NEWS

Eat Smart Idaho Program

May 2018

Get Fit with Gardening

Turn your yard and garden into a personal Fitness center with the approval of your healthcare provider! In a garden grow vegetables while growing a healthier body. Here are some tips on getting active with your gardening:



Warm up with a walk—Research shows that 30 to 45 minutes of active gardening can give you the same benefits as other exercise routines. Warm muscles are more flexible and less likely to get hurt. Start with a brisk walk (5 - 10 minutes) to warm up. This will give you time to plan your gardening projects for the day.

Stretch carefully—After a warm-up, stretching is important. Safe stretching uses slow, controlled movements. You hold the position for 30 seconds (no bouncing). For garden stretches use trees, fences, tools and the ground for support.

Flex your muscles—Once your muscles are warmed and stretched, you can do the heavy lifting. Start slowly and build up as your muscles get stronger during the season. Muscle building in the garden can include everything from squats for legs and lifting tools, pots and bags. Proper positioning prevents injuries.

Balance your load—Balance the time you work in different positions - sitting, standing or kneeling. Balance strength on both sides of your body. Do this by using both your right and left arms for raking, hoeing and shoveling. Also, carry equal loads in both hands. You can walk a straight line heel-to-toe, stand on one foot or do side leg raises. Always use a wall, fence or tree for support if you need it.

Reduce your stress—Gardening should never be all work and no play. Many people find their garden area to be perfect places to think, and relieve stress. Here are two tips to stay cool as a cucumber while gardening. First, water yourself as well as your plants. Keep a bottle of cold water close at hand. Second, wear a wide-brimmed hat and sun-screen, especially between 10 AM and 4 PM.

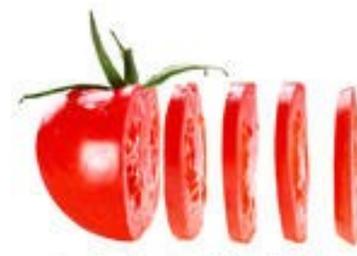


Baked Tomato Slices

| | |
|--|-------------------------------|
| 2 tablespoons grated parmesan cheese | 1/2 cup bread crumbs |
| 2 cloves garlic, minced | 2 Tbsp fresh parsley, chopped |
| 1/2 teaspoon dried oregano | Salt and pepper to taste |
| Nonstick cooking spray | 1 tablespoon olive oil |
| 4 large ripe tomatoes, sliced 1/2-inch thick | |

Directions

1. Mix parmesan cheese, bread crumbs, garlic, parsley, oregano, salt, and pepper.
 2. Spray shallow baking pan with cooking spray.
 3. Place tomato slices close together in greased pan.
 4. Sprinkle tomato slices with parmesan cheese mixture.
 5. Drizzle slices with olive oil.
 6. Bake at 400 degrees F for 20 minutes or until topping is lightly toasted.
- Serve as a vegetable side dish or as a meatless main dish.
 - Top a fried or grilled burger with one or more baked tomato slices.
 - Chop up leftover tomatoes and mix them in a pasta or rice salad, or add them to pizza or soup.



Sources: <http://www.myeatsmartmovemore.com/Texts/5FunWaysToGetFitWithGardening.pdf>
<http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/baked-tomato-slices/> retrieved 4/22/15

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

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



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 446-1680
E-mail – kalig@uidaho.edu

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.