



Activity Matters

Technology has really changed our day-to-day lives. Think about just a few of the things we can do now while barely having to move. For example, we can change the channel on our televisions with the push of a button, turn the lights off in a room without walking to the light switch, buy a meal without leaving our cars, and buy groceries, clothing, furniture, and even cars without leaving the comfort of our homes.

The benefits of technological advances are great, but there are disadvantages too. One of those disadvantages is that we are becoming less and less active as a society.

Why We Need to Move

The USDA reports that most people do not do enough physical activity. That's a problem because being physically active can improve your present health and positively impact your health as you age.

Anyone, no matter your size, shape, or age, can benefit from being physically active. In fact, the more physically active a person is, the better that person will feel.

How Much Activity Do You Need?

Adults, aged 18-64, should do at least two hours and 30 minutes per week of aerobic physical activity at a moderate level or work for one hour and 15 minutes at a vigorous level. Spreading

aerobic activity out over at least three days a week will maximize the effect of exercising on your body.

Children and adolescents, aged 6-17, need 60 minutes or more of physical activity each day. Activities like climbing and jumping should be done at least three days per week to build bone and muscle strength. Activities should always be fun and age and developmentally appropriate.

Young children, aged 2-5, should play actively several times a day. As with older children, young children should be exposed to age and developmentally appropriate activities that are fun and contain variety.

Conclusion

Technology is great but activity matters!





Better Living for Texans Newsletter

October 2018

Local Events

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Recipe of the Month

Adapted from <https://whatscooking.fns.usda.gov/>

Pear Salad (4 servings)

Get your servings of fruits and veggies in one dish! This salad is sweet and tangy with a yogurt and orange juice dressing. Serve it as a side salad to complement another entree or have it alone for a healthy snack option!



Ingredients for the Salad

- 2 cups salad greens
- ¼ cup sliced tomato
- ¼ cup sliced carrots
- ¼ cup sliced cucumbers
- ¼ cup green beans
- 1 cup canned pears, drained and chopped
- 2 tablespoons walnuts
- 2 tablespoons raisins

Ingredients for the Dressing

- 1½ teaspoons white vinegar
- ¼ cup non-fat plain yogurt
- 1 tablespoon orange juice

Directions

1. Put salad greens, chopped vegetables, pears, nuts and raisins in a large salad bowl.
2. In a small bowl, whisk together vinegar, yogurt, and orange juice to prepare dressing.
3. Stir dressing into salad mix. Serve.

Nutrients Per serving: 95 calories, 2 g total fat, 0 g saturated fat, 2 g protein, 18 g carbohydrates, 3 g dietary fiber, 14 g total sugars, and 29 mg sodium

Total Cost: \$\$\$\$

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