



10 Tips to Stay Active This Winter

When cold winter temperatures keep us indoors, what can we do to stay fit? All adults should aim for at least 2½ hours, or 150 minutes, of physical activity each week. Every little bit of fitness adds to the goal. Remember, doing something is better than doing nothing!

1. **Start a physical activity tradition.** Instead of “cozying up” by the TV, bundle up and take a walking tour of holiday lights after dinner.
2. **Think differently about seasonal chores.** Turn tasks, such as shoveling and house cleaning to prepare for guests, into fun activities. Set a timer for 10 minutes and see how much you can get done as a team.
3. **Be a kid again.** Go sledding, snowshoeing or cross-country skiing. Make a snowman, a snow fort or snow angels.
 - **Holiday gift idea:** Check out second-hand sporting goods stores for discounted prices on skates, skis, snow shoes and other outdoor equipment.
4. **Take 10.** Do at least 10 minutes of activity at a time. Take a 10-minute walk at lunchtime or after school or work.
5. **Turn off the TV.** Set a rule that no one can spend longer than two hours per day playing video games, watching TV and using the computer (except for school work).

6. **Play indoor physical activity games.** Go on scavenger hunts or play charades. For example, be an Olympic skater or a star basketball player.
7. **Find an indoor place to walk.** Check if a local school gym is open to the public for walking. Walk at a mall. The average supercenter is 179,000 square feet (a mile is 5,280 feet).
 - **Be cautious when walking at malls, though.** Don't be enticed to overspend your budget or have high-calorie snacks along your route. Bring a bottle of water.
8. **Turn your kitchen into a gym.**
 - Use your countertop for balance and stretching exercises.
 - Try doing “toe stands.” Stand with legs shoulder-width apart. Stand on your tiptoes for a minute.
 - March or jog in place.
 - Use cans of vegetables as weights; do sets of 10 arm raises or as many as you can.

- Take a break to dance with your cooking partner.
9. **Help others while building your fitness minutes.** Volunteer at a senior center, help with holiday drives or help assemble food or gift baskets.
 10. **Set a physical activity goal.** Write it down and chart your progress on a calendar.
 - **Holiday gift idea:** Invest in pedometers (step counters) for the family. Write down your steps every day. Build to 10,000 steps a day.

Visit www.ag.ndsu.edu/foodwise for more information to stay healthy.



This program is funded in part by USDA's Supplemental Nutrition Assistance Program. 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 county Social Services office or call 1-800-755-2716.

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Want a tasty treat that will put a smile on everyone's face? Try this fun snack recipe with red and green apples for a festive snack.

Apple Smiles

- 1 Tbsp. smooth peanut butter, SunButter or other nut butter
- 1 red or green apple, cored and sliced into eighths
- 1 lemon, squeezed (or bottled lemon juice)*
- 20 miniature marshmallows

Rinse apples and cut as directed. *If you will not be serving the apples immediately, dip the apple slices in lemon juice. Spread peanut butter or nut butter on one side of each apple slice. Place four to eight miniature marshmallows on apple slice (for the "teeth"), then top with another apple slice, peanut butter side down. Secure with a toothpick.

Makes four servings. Each serving has 60 calories, 2 grams (g) fat, 1 g protein, 11 g carbohydrate, 2 g fiber and 20 milligrams of sodium.



I tend to overeat during the holidays. Do you have any tips to help me enjoy the special foods but manage my portions and calories?

If we keep moderation and balance in mind, we will manage our weight through the temptations during the holidays. You can size up your servings with these visual cues showing common portion sizes:

- **Beef, poultry or fish:** 3 ounces (dollar bill, deck of cards or an iPod)
- **Bread:** one slice (index card)
- **Cornbread or roll:** one slice or roll (bar of soap)
- **Peanut butter:** 2 tablespoons (ping pong ball)
- **Olive oil:** 1 teaspoon (standard postage stamp)
- **Butter/margarine:** 1 teaspoon (one small square, such as dice)
- **Cheese:** 2 ounces (three to four dice)
- **Nuts:** 1 ounce (golf ball or one small handful)
- **Chips or pretzels:** 1 ounce (two small handfuls)
- **Pie:** 1 slice (1/8 of pie or light bulb)
- **Mashed potatoes or stuffing:** ½ cup (half of a baseball)
- **Gravy:** ¼ cup (golf ball)
- **Whole grains:** ½ cup (light bulb or two golf balls)
- **Vegetables or fresh fruit:** 1 cup (baseball or fist)

Note: Fruits and vegetables are low in calories, so be sure to eat plenty!

FoodWi\$e Tip of the Month

During the holiday season, we might be tempted to eat more than we need, especially with the many sweet treats. Consider some recipe makeovers to update your recipes. To decrease sugar, you can:

- Reduce sugar by one-quarter to one-third in baked goods and desserts. This works best with quick breads, cookies, pie fillings, custards, puddings and fruit crisps.
- Increase the amount of cinnamon or vanilla in a recipe to enhance the impression of sweetness.

To see more suggestions to help reduce sodium, fat and calories, check out the "Now Serving: Recipe Makeovers!" handout (available at www.ag.ndsu.edu/pubs/yf/foods/fn1447.pdf).



Just for Fun

What do snowmen eat for breakfast?
Snowflakes!

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
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