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Eat Well Play Hard with Day Care Homes
Family Newsletter

As a parent, what can physical activity do for you?

Having fun being active isn't just for kids. When grown-ups live an active lifestyle, they set a good example for children. Plus by taking care of yourself, you are making sure you're strong enough to raise healthy children.

Check off the benefits you hope to get from active living:

- ☐ Play with my children
- ☐ Be with family and friends or meet new people
- ☐ Enjoy myself and have fun
- ☐ Be healthier
- ☐ Increase my chances of living longer
- ☐ Feel better about myself
- ☐ Have less chance of becoming depressed
- ☐ Sleep better at night
- ☐ Help me look good
- ☐ Be in shape
- ☐ Get around better
- ☐ Have stronger muscles and bones
- ☐ Help me stay at or get to a healthy weight

Source: U.S. Department of Health and Human Services, Be Active Your Way: A Guide for Adults. Available at www.healthfinder.gov/getactive.

Baked Zucchini Squash

Yield: 4 cups Serves: 4 adults

Ingredients

2 medium zucchini squash
1/2 cup low-fat sour cream
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder
3 tablespoons grated Parmesan cheese
1/4 cup dried bread crumbs.



Steps

1. Preheat oven to 375 degrees.
2. **Wash the squash, and drain in a colander.**
3. **Place each squash on the cutting board.** Cut off the ends, and discard.
4. Slice each squash into 1/2-inch circles. **Place cut squash in a 1-quart mixing bowl.**
5. **Add sour cream, salt, pepper, and garlic powder to the squash. Mix well.**
6. Pour the squash mixture into a 1-quart casserole dish. **Smooth out to fill the bottom of the dish.**
7. **Sprinkle the Parmesan cheese over the squash evenly. Then top with bread crumbs.**
8. Bake for 30 minutes.
9. **Enjoy!**

Have your child help you do the bold steps.

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Activity Goals for Adults

Try to fit in 2 hours and 30 minutes of physical activity each week. You need to do this activity at least 10 minutes at a time. Start by doing what you can, then look for ways to do more. Remember some activity is better than no activity. Use this table to help you chart your progress.

EXAMPLE:

My goal is to be physically active for a total of _____ hours and _____ minutes this week.

What I did	When I did it and for how long							Total hours or minutes
	Mon	Tues	Wed	Thu	Fri	Sat	Sun	
<i>Walked</i>		<i>30 min</i>	<i>30 min</i>		<i>30 min</i>		<i>30 min</i>	<i>2 hours</i>
<i>Danced</i>	<i>15 min</i>					<i>15 min</i>		<i>30 min</i>
This is the total number of hours or minutes I did these activities this week:								<i>2 hours and 30 min</i>

My goal is to be physically active for a total of _____ hours and _____ minutes this week.

What I did	When I did it and for how long							Total hours or minutes
	Mon	Tues	Wed	Thu	Fri	Sat	Sun	
This is the total number of hours or minutes I did these activities this week:								

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