



By Alice Henneman, MS, RD, UNL Extension Educator

Enjoy a hearty cup (or bowl!) of comforting soup with this quick and easy recipe.

Brunswick Stew

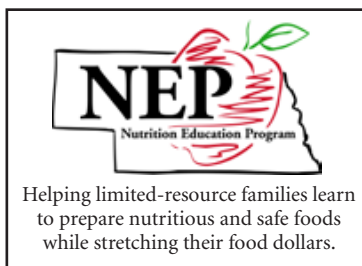
Serving Size: approximately 1 cup for small; 2 cups for large
Yield: 8 small servings or 4 large main dish servings

- 1 tablespoon vegetable oil
- 1 medium chopped onion
- ½ cup chopped pepper, red, green or a combination (optional)
- 2 cups chicken broth, low sodium
- ½ teaspoon dried leaf thyme
- ¼ teaspoon black pepper
- 2 cups cooked, diced and boned chicken or turkey
- 2 cups tomatoes, canned or cooked
- 2 cups cooked dry beans OR 1 (15.5 ounce) can beans (drained), such as red beans or Great Northern beans, etc.
- 2 cups whole kernel corn, frozen or 1 (15.5 ounce) can corn, canned without salt (drained)
- Salt, to taste (optional)

Heat oil in a large pan. Add onion and cook in oil until tender. Add all remaining ingredients, except salt. Bring to a simmer and cook, covered, for 30 minutes at medium-low. Season to taste with salt, if desired.



Source: This recipe is a slightly adapted version of an adaptation of a recipe from "Healthy Futures," Virginia Cooperative Extension available at Food Stamp Nutrition Connection Recipe Finder at <http://recipefinder.nal.usda.gov/>



Kelly Fisher, RD, LMNT
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According to MyPyramid, physical activity is "movement of the body that uses energy." Now you know what physical activity is, let's figure out how YOU can become more physically active. Think about it in terms of the "F.I.T.T. Principle":

- **Frequency:** How often you exercise—MyPyramid tells us to exercise "most days of the week." This means four or more days of the week.
- **Intensity:** How hard you exercise—MyPyramid tells us to exercise at a moderate or vigorous level to achieve maximum health benefits.
- **Time:** How long you spend exercising each workout session—MyPyramid tells us to exercise: 30 minutes for good health, 60 minutes

Get F.I.T.T.!

According to MyPyramid, physical activity is "movement of the body that uses energy."

to prevent weight gain, and 60–90 minutes for weight loss. Children need 60–90 minutes of exercise each day.

- **Type:** The type of exercise you choose for each workout session—MyPyramid tells us there are three main types of physical activity: aerobic activities, resistance/strength building/weight-bearing activities and balance/stretching activities.

- Improves self-esteem and feelings of well-being
- Increases fitness level
- Helps build and maintain bones, muscles and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture
- Helps manage weight
- Lowers risk of heart disease, colon cancer and type 2 diabetes
- Helps control blood pressure

EXAMPLES OF THE THREE TYPES OF EXERCISE

Cardio-respiratory	Strength	Flexibility & Balance
Walking	Lifting Weights	Yoga
Jogging	Carrying a Child	Gentle Stretching
Swimming	Resistance Exercise	Dance

Keep in mind for health benefits, exercise can be done all at one time or divided into small segments throughout the day. Even 10-minute bouts of activity count toward your total!

Physical activity leads to many benefits:

- Reduces feelings of depression and anxiety

Make sure you always consult a doctor before beginning a physical activity program.

Source: <http://www.ode.state.or.us/teachlearn/subjects/pe/curriculum/fittprinciple.pdf>; MyPyramid.gov

Five FUN Ways to Burn Extra Calories

By Alice Henneman, MS, RD
UNL Extension Educator

It's all too easy to put on the pounds over the holidays by eating too many goodies and getting too little exercise. Here are five fun ways to help burn extra calories and whittle away extra pounds.

Pedometer

A recommended walking goal is to build up to an average of at least 10,000 steps daily. Turn your daily activities, such as shopping and cleaning, into a step-a-thon! Make some extra quick trips up and down the mall and shopping becomes an aerobic activity!

TIP: If you don't like to fuss with programming a pedometer to figure mileage, buy one that only measures steps and is ready-to-go.

Workout Video/DVD

It's like having a personal trainer on call. Consider the fun factor—try something different, such as a dance video. For example,

you can buy everything from tap dance to salsa workout videos. Don't worry about following the steps—when you're dancing by yourself, there are no toes

to step on! Make up your own moves.

TIP: Buy a video or DVD appropriate for your fitness level. For example, check you don't buy an advanced level video of a workout if you consider yourself at the beginning phase.



Stability Ball

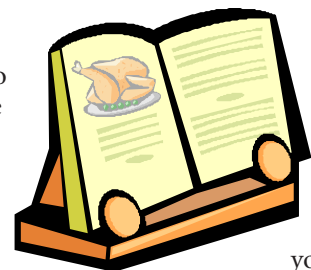
Try sitting on a stability (or balance) ball while you watch your favorite TV show. The continuous adjustment and readjustment your body makes on the ball will help strengthen core muscles. Plus, it's a lot of fun and a great stress reliever to bounce up and

down. All the bouncing can burn a few extra calories, too! You might even decide to do some exercises on the ball.

TIP: Check the instructions on the box to purchase the ball size right for your height.

A New Cookbook

You'll burn more calories standing to cook than in activities spent sitting down. According to an interactive tool, "How Many Calories Did You Burn," on WebMD.com, a 140 pound



person might burn 80 calories during a half-hour of cooking. A passive sitting activity, such as watching television from your favorite chair,

burns about 32 calories. While these are estimates, you get the idea. Just 50 extra calories of activity daily—the difference between the two activities, could lead to a weight loss of five pounds a year. An added benefit of this activity is a delicious meal!

TIP: Buy a cookbook that entices you to spend some time in the kitchen—don't feel you have to cook every day. For example, explore some of the cookbooks using just a few ingredients.

MP3 player

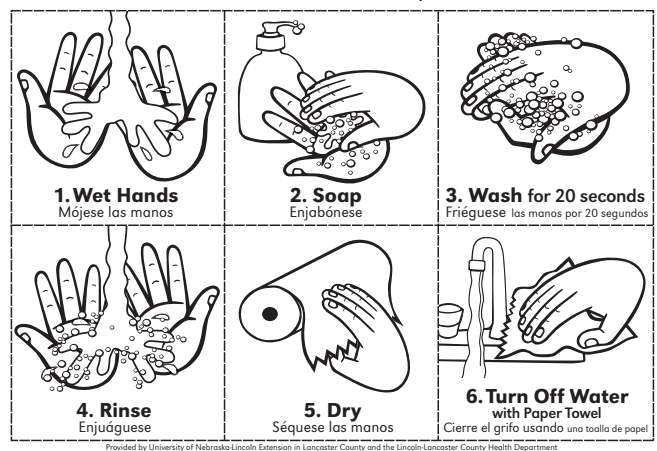
If you've wanted to buy an MP3 player, this is a terrific time to do it. This device is great for enjoying music or recorded books—whether cleaning the house or taking



a brisk walk. It might motivate you to take an extra turn or two around the block or burn calories cleaning an extra room to finish a book chapter or song.

TIP: Check with a salesperson or other knowledgeable source about the amount of memory you'll need with your MP3 player. You want to have the capacity to hold the number of songs, books, etc. for your intended use.

Wash Your Hands! ¡Lávase Las Manos!



New Handwashing Activity Sheet for Young Children

"It has been estimated proper hand-washing could eliminate close to half of all cases of foodborne illness," according to the Centers for Disease Control and Infection.

A study of 305 school children found youngsters who washed their hands 4 times a day had 24 percent fewer sick days due to respiratory illness and 51 percent fewer days due to upset stomach.

Help promote handwashing and better health by telling people about our FREE English/Spanish handwashing poster, developed in cooperation with Lincoln-Lancaster County Health Department. And—just for young children—we've now added an accompanying handwashing activity sheet. Both may be downloaded from the UNL Lancaster County Web site at <http://lancaster.unl.edu/food/wash-your-hands.shtml>