



Nourish

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Nourish With a Little Physical Activity

Which of these is/are potential outcomes of regular physical activity? Select all that apply.

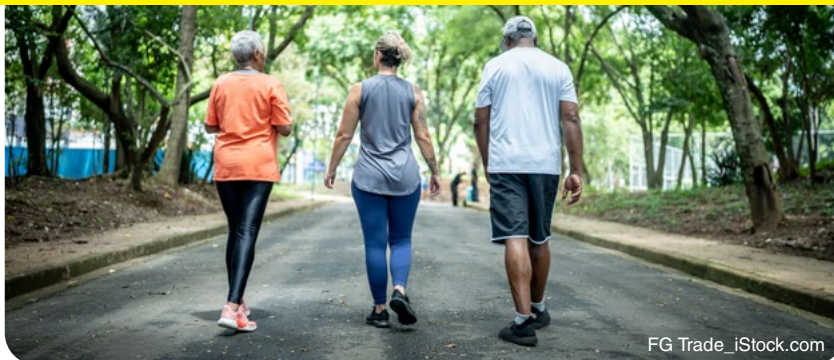
- Improved joint health
- Improved bone health
- Improved heart health
- Improved eye health
- Decreased brain health

If you selected a, b, c and d, you are correct.

Improved brain health is another potential outcome of getting up and moving! In fact, we may think more clearly after an exercise break, regardless of our age. Getting regular exercise also can reduce the risk of depression and anxiety. If sleep is an issue, add more exercise and you might even sleep better.

May often is designated as Move More Month by the American Heart Association. Can you think of some ways to get more physical activity? Here's a list of ideas to get you started.

- Park farther from your destination. In cold weather, bundle up with a heavy coat, boots, mittens, hat, hood and/or scarf.
- Take the stairs when possible.



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- Find a buddy to keep you motivated. Schedule physical activity with your buddy. The walks can be indoors at a school or mall or other facility that allows walkers. If you have a gym membership, a friend can help you stay motivated.
- If you have a sedentary job, try to stand up a few minutes every hour. Even better, get up and walk around a few times a day.
- If you have a sedentary job, have walking meetings instead of sitting at your desk. Adjust your camera (or turn it off) and stand or walk in place during online meetings.
- Consider getting a standing desk and/or using an exercise ball as your chair for part of the day. An exercise ball may help with good posture because you could roll off your chair if you are not supporting yourself.
- If walking is a challenge or not possible for you, consider chair exercises and strength exercises. See the NDSU Extension publication "Stretching Toward Better Health" at ndsu.ag/stretching. It includes photos of easy physical activities to motivate you to retain your range of motion and flexibility regardless of your physical abilities.
- For more information about nourishing your body with food and fitness, see the NDSU Extension Nourish Your Body [website](http://www.ndsu.edu/food).

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EXTENSION

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Question

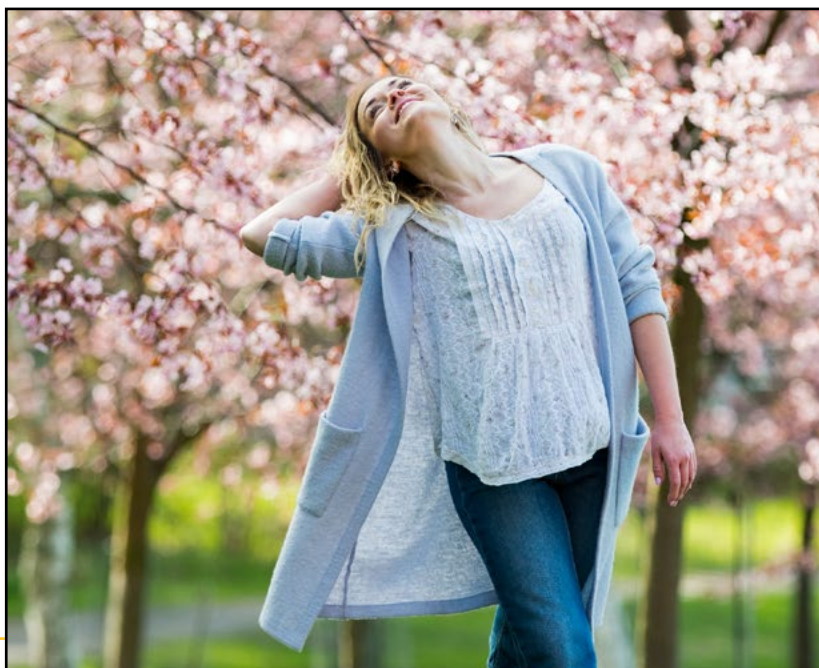
I spend a lot of time outdoors in May and beyond. I love to garden, ride bike and go on hikes. What precautions should I consider?

1. Protect your skin. May is Skin Cancer and Melanoma Awareness Month. Use sunscreen of SPF 30 or greater, cover your skin with long sleeves, wear a hat with a brim, and avoid being in the sun between 10 a.m. and 4 p.m., when the sun rays often are at their strongest. Skin cancer is the most common type of cancer.

When caught early, most skin cancer is curable, but consider your risk. If you are fair skinned and/or have light hair and light eyes, you are at higher risk. However, anyone can get skin cancer.

Keep track of your moles by checking your skin. Remember the ABCDEs. Look for “asymmetry” and irregular “borders” on moles. What “color” are the moles? Consider the “diameter” of moles; moles with a diameter larger than the size of a pencil eraser should be checked. Finally, look for “evolution” of moles. Are they changing?

2. Stay hydrated if you spend a considerable amount of time outdoors. People who enjoy sitting outside in the sun, are over age 50 or are overweight tend to need more water. Keep a water bottle handy and drink water before, during and after physical activity. Try adding lemon or lime juice, or try fruit-infused water to add some variety. Be sure to thoroughly clean your water bottle every day.



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Strawberries are in season in May. Here's a recipe to enhance your energy while providing healthful nutrition.



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No-bake Strawberry- Almond Energy Bites

1 cup chopped dates, such as Medjool
1 cup sliced strawberries
 $\frac{3}{4}$ cup sliced almonds
1 cup rolled oats
1 tablespoon chia seeds
1 tablespoon honey
1 cup shredded coconut flakes (or
chopped nuts of choice with no outer
coating)

Remove pits from dates and slice each date in half or smaller. Remove stems from strawberries, wash and slice into quarters. Combine all ingredients, except the coconut flakes. In a food processor, pulse until the almonds are mostly broken up. You do not want it to be a paste but lots of small pieces. Cover and chill in the refrigerator for an hour. After an hour, remove from the refrigerator and roll into ping pong-sized balls. Place the balls in the shredded coconut to coat.

Makes 14 energy bites. Each bite has 150 calories, 5 grams (g) fat, 2 g protein, 25 g carbohydrate, 4 g fiber and 10 milligrams sodium.