

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

May 2023

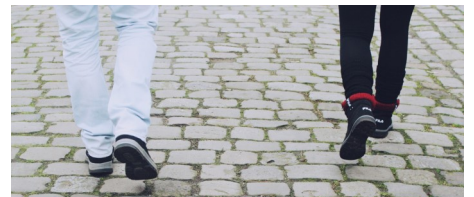
## Be Active this Spring

Spring is a great season to include more outdoor time in your day. After a long winter, we are finally able to get outside to enjoy the warmer weather and allow our bodies to benefit from more movement. Eat Smart Idaho reminds you that physical activity is a proven way to improve your health.

**Follow these tips to get moving this season:**

- **Before starting any new physical activity be sure to check with your health care provider to make sure they approve of your new activity.**
- **Determine what type(s) of physical activity you enjoy**—walking, biking, swimming, aerobic/yoga group classes, stretching, tennis, etc. If you choose to do activities you enjoy, you are more likely to follow through and succeed. Finding a group of people to enjoy activities with can motivate you to continue them as well.
- **Try to schedule a block of time in your day for physical activity.** Just like you would schedule appointments or meetings, schedule your physical activity.
- **Aim for at least 30 minutes of physical activity most days** of the week and remember the activity can be broken up into segments or done all at one time.
- **Set achievable, realistic goals to begin your plan for more physical activity.** Set a weekly goal and at the end of each week evaluate how you did before moving forward and setting the goal for week 2. If you are just beginning to be active after an inactive winter, maybe the goal for week 1 is to be active for 20 minutes, 3 days a week and then increase the amount of time and number of days per week, each week. Set small goals and celebrate your success.

Use the beautiful springtime weather to get your body moving with increased physical activity and to improve your health.



## Fruit Pizza to Go

1 whole wheat English muffin                      2 Tbsp low-fat strawberry cream cheese  
2 strawberries, washed and sliced              2 grapes, washed and sliced  
2 canned mandarin oranges segments, chopped

1. Toast English muffin until golden brown. Spread cream cheese on top.
2. Arrange sliced strawberries, grapes, and orange segments on top of the cream cheese.

## Corn & Green Bean Salad

1 can (15 ounces) no salt added yellow or white corn, drained  
1 can (15 ounces) no salt added cut green beans, drained  
1 small red onion, finely chopped



### Dressing:

3 Tablespoons cider vinegar                      ½ teaspoon salt  
½ teaspoon black pepper                          3 Tablespoons olive oil

1. Blend together all dressing ingredients.
2. Mix together all the vegetables.
3. Toss vegetables with the dressing.
4. Chill and serve.

**Sources:** [http://msue.anr.msu.edu/news/being\\_active\\_this\\_spring](http://msue.anr.msu.edu/news/being_active_this_spring); <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes> retrieved 04/30/16

### For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties              208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties              208-883-2267



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