

## Extension

### November 2012 Newsletter

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### Physical activity plays a key role in a healthy lifestyle.

*Glenda Wentworth, Family & Consumer Science Extension Agent in Eagle County*

Regular physical activity is one of the most important things you can do for you and your child's health. It reduces the risk for many chronic diseases. Regular physical activity helps build healthy bones and muscles in kids. It improves strength and endurance. Physical activity also increases self-esteem. With winter weather and the holidays fast approaching consider giving gifts that promote physical activity inside and outside this holiday season.

As a parent, you can send a message that good health is important to your family. Parents can be good role models by leading an active lifestyle themselves. You don't have to be perfect. However, if your kids see you being active, they will take notice. In addition, parents play an encouraging role by promoting activities that are enjoyable and offer variety.

Children should be active for at least 60 minutes -- and up to several hours -- per day of unstructured physical activity. Also remember that children should not be inactive for more than 60 minutes at a time, (except when sleeping).

This sounds like a lot of activity; however, children are masters at moving. Movement is a way for children to express themselves. It also helps to put limits on TV, video game and computer time (any type of screen time). These habits lead to an inactive lifestyle and snacking, which increase risks for being overweight and heart disease. Limit screen time to 2 hours per day.



### Let's Talk

Get the whole family moving and make physical activity fun. Discuss with your children how to make physical activity part of your family's daily routine. Take walks, ride bikes, go swimming, garden, dance, or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together. After dinner, instead of watching television, help your child find fun activities to do such as walking, playing chase or riding bikes. Another fun activity is counting your steps by using a pedometer. Also, remember to take children to places where it is easy to be active. Consider public parks, community open spaces, baseball fields or basketball courts. Give children toys that foster physical activity like balls, kites, and jump ropes. Finally, provide protective equipment such as helmets for safety.

There are resources to help your family discover easy and enjoyable ways to meet the recommendations of physical activity including these two websites:

- <http://www.letsmove.gov/>
- <http://www.healthfinder.gov/prevention/>

## Recipe for Health:

### Autumn Vegetable Succotash

Yield 8 servings, serving size 1/8 of recipe

#### Ingredients

- 1/4 cup olive oil
- 1 cup onion (diced)
- 2 garlic clove (finely chopped)
- 2 cups bell pepper (red, diced)
- 2 cups zucchini (diced)
- 2 cups summer squash (yellow, diced)
- 3 cups lima beans (frozen)
- 3 cups corn kernels (frozen) (or cut off corn cob if in-season)
- 2 tablespoons sage (fresh, coarsely chopped) (or use 1 teaspoon of dried sage)

#### Instructions

1. In a skillet over medium-high heat, add oil.
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
3. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

#### Cost

Per recipe: \$6.48

Per serving: \$0.81

#### Source

Centers for Disease Control and Prevention