



# FLIP NEWSLETTER

January 8th



## Fulfilling Goals: Tips to Meet National Physical Activity Guidelines

Understanding national physical activity guidelines for adults can be much easier than applying them to daily life. As the new year begins, here are some quick tips to help integrate physical activity into an adult schedule:

### Split up the Time

150 minutes of moderate activity may seem daunting unless the time is spread out over the week. This could mean 30 minutes a day, 60 minutes every other day, or any other schedule that fits your week best! Contemplate alternating strength training and aerobic days, or adding aerobics after your strength training routine!

### Consider Regular Actions

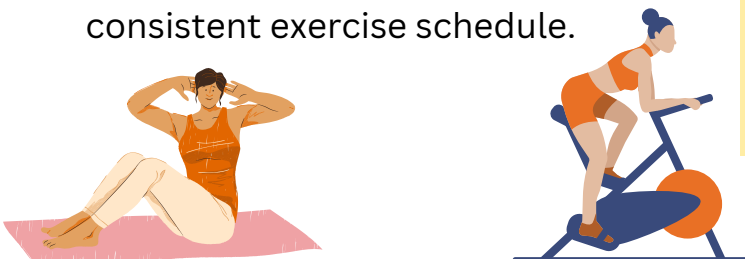
You don't have to be in a gym or on a hiking trail to be exercising! These activities can easily count towards aerobic exercise:

- Pushing a lawn mower
- Playing a recreational sport
- Having a dance party
- Taking the stairs



### Find What You Enjoy

Building aerobic exercise and strength training into your personal lifestyle can be difficult if you're forcing yourself to do activities you don't enjoy. Experimenting with different activities and finding things you enjoy is crucial to a personal, consistent exercise schedule.



### Find Someone to Motivate You

It's easy to get distracted or busy if nobody is holding you accountable. Identifying a 'workout buddy' or someone invested in your health can keep you focused on your original goals.

Remember, it's ok if you can't meet your goals every week. The important thing is to refocus if you get distracted!

*Reminder: The CDC recommends 150 minutes of moderate aerobic exercise (or 75 minutes of rigorous exercise) and around 4 hours of strength training a week for adults.*

# Enjoy Your Dairy!

## What is in the Dairy Group?

- The Dairy Food Group consists of products like cheese, milk, ice cream, yogurt, and fortified soy milk
- Foods that have higher fat content but low calcium content are not included in the dairy group (cream cheese, sour cream, butter)
- The Dairy Food Group provides us with healthy nutrients such as calcium, phosphorus, vitamins A, D, B12, protein, potassium, zinc, magnesium, and selenium
- Most Americans get their calcium from dairy products



## The Benefits of Dairy

- Dairy foods are rich in calcium, which are good for healthy bones and teeth
- Potassium is another important nutrient you can get from dairy foods and can help maintain healthy blood pressure
- Vitamin D helps our bodies with calcium and phosphorus absorption and many dairy products are fortified with vitamin D
- Adding dairy products to your balanced diet can benefit the entire family from growing children and adolescents to helping the elderly prevent osteoporosis

## Types of Milk

- Dairy Milk can be listed by the percentage of fat it contains:
  - Whole milk - the amount of fat content has not been altered and is usually 3.25% fat
  - 1% and 2% milk have those amounts of fat content
  - Skim milk should have less than 0.5% fat
- Choose low fat or skim milk more often!



## How Much Dairy Should I Eat?

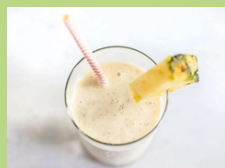
- The Dietary Guidelines for Americans recommends:
  - Toddlers: 1 2/3 to 2 cups
  - Ages 2 to 8: 2 to 2.5 cups
  - Ages 9 and up: 3 cups
- If you experience lactose intolerance or other dairy-processing issues, be sure to explore dairy-free options!



## Recipes to try this month!

### Pineapple Protein Smoothie

Recharge with this sweet, convenient, fruit and dairy treat



### Easy Spinach Ricotta Pasta

This quick and easy, customizable pasta dish is sure to be well received



Click [here](https://meklund7.wixsite.com/flip) or visit <https://meklund7.wixsite.com/flip> for the full recipes!