



Put a Little PLAY Into Your DAY



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USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

You Can Do It!

Adding physical activity to your life is a key to healthy living. Adults need at least 150 minutes a week of moderate activity (like brisk walking) or 75 minutes of vigorous activity (like jogging). Muscle-strengthening activities (like weight training or yoga) are important to include twice per week. It may be hard to be physically active, but don't give up. There are things you can do to help keep you on track.

Challenges	Solution
"I don't have time"	<ul style="list-style-type: none"> Physical activity can be done in smaller amounts of time throughout the day. Break up your activity into smaller chunks and you can still reach your goal.
"It's boring"	<ul style="list-style-type: none"> Invite friends to join in. The best physical activity is the kind you enjoy and want to do. Mix it up! Change the types of activities you do.
"I don't have energy or motivation"	<ul style="list-style-type: none"> Be active during the time of day when you have the most energy. Being active will actually give you more energy. Set goals you can reach to keep you on track.
"My family needs me"	<ul style="list-style-type: none"> Play active games with your children or walk around the neighborhood.

"My family loves being active. We spend time together as a family and are being healthy at the same time!"



"I know that some activity is better than none and that it all adds up. That's why I do a little bit throughout the day when I can."

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. AzNN 5-16

Physical Activity for the Family

Doing physical activity can be a fun way to get the family moving and spend time together! Leading by example and being a good role model will help your children be more active. Being active as a family will help children learn healthy habits that will last a lifetime.

- **Make physical activity a family habit.** Before you know it, physical activity will become part of your daily routine. Walk to school together or take the family for a walk after dinner.
- **Play together.** Plan time at the park instead of going to a movie. Playing together as a family is fun for everyone.
- **Limit screen time.** Set a two-hour time limit per day for T.V. and video games. Ask your children to help with dinner or play an active game instead of sitting in front of a screen.
- **Set a family goal.** Start with a goal your family can reach, like walking after dinner at least three nights a week. Include your children in the weekly planning and goal setting. Allowing them to help make decisions will motivate them to reach the goal.

Healthy Eating Tips for Active Families

- **Save time by slicing vegetables.** Store sliced vegetables in the fridge and serve on their own or with dips like hummus or low-fat plain yogurt.
- **Swap out the sugar.** Keep healthier foods handy to help kids limit cookies, candy and chips between meals.
- **Fruits are a quick and easy snack.** Fresh, frozen and canned fruits can be easy grab-and-go options with little prep time. Offer whole fruit or choose fruits packed in 100% juice or water.
- **Drink water** instead of sugary drinks to cut extra calories. Drinking plenty of water is important for an active lifestyle, especially in Arizona. If you're thirsty, reach for water.

Avocado Breakfast Bruschetta

Ingredients

1 ripe avocado	4 eggs (hard boiled)
2 medium tomatoes	12 slices whole wheat baguette
1 green onion	bread
½ cup chopped fresh basil	¼ cup ricotta cheese (reduced-fat)
(plus 2 tablespoons for garnish)	cracked black pepper to taste

Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tablespoons basil for garnish, gently toss the first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

Makes: 4 Servings

Nutrition information per serving: Calories, 327; Carbohydrate, 33 gm; Protein, 16 gm; Total Fat, 16 gm; Saturated Fat, 4 gm; Cholesterol, 195 mg; Fiber, 5 gm; Total Sugars, 2 gm; Sodium, 360 mg; Calcium, 137 mg; Folate 84 mcg; Iron, 3.1 mg; Calories from Fat, 43%.

