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YOUR CHECKLIST FOR LIFE-LONG GOOD HEALTH

Contributed by Mariah Broehm, HeartCorps Service Member

You don't need a strenuous workout or a gym membership to get enough activity in your day. All movement counts and can boost your health. You can even break it up over the day! Adults should get a weekly total of at least 150 minutes of moderate aerobic activity (water aerobics, social dancing, gardening, walking) or 75 minutes of vigorous aerobic activity (running, swimming laps, jumping rope, uphill hiking) spread throughout the week. You can even do a combination of both!



There are plenty of benefits from being active throughout the week. Activity floods your brain with feel-good chemicals, improves your mood, and boosts your immune system. It can also lower blood pressure, reduce the risk of heart attack and stroke, and can even improve sleep.

Tips for Success

1. Set realistic goals to make small, lasting changes to set yourself up for success.
2. Keep going. Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.
3. Walk more. There are many ways to get active, walking is typically the easiest way to start. A brisk 30-minute walk per day can get you to 210 minutes of activity per week.
4. Stay active. Not only can it help you feel, think, sleep and live better, staying active also improves overall quality of life. Every active minute counts toward your goal.
5. Add it up. Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home.
6. Make it a habit. Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.

For more information, visit [Life's Essential 8 | American Heart Association](https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices)

Fresh Frozen or Canned. Which is Healthiest?

By Iuliia Aleksieieva, UW-Green Bay Dietetic Intern with FoodWise

Fresh is ALWAYS healthier, right? Well, yes and no.

Fresh produce picked at its full ripeness and eaten within a short time has the highest nutritional value. So fresh local food from farmers' markets or your own garden produce is the best.

When buying produce at the grocery store, frozen and some canned vegetables can actually be more nutritious than the fresh. Fresh produce at the store is still healthy. But it may contain fewer vitamins and phytochemicals than frozen and some canned. Why? It is a very long way from the field to the store.

The produce at your grocery store was harvested while it was unripe. Why? Unripe fruits and vegetables last longer. But the unripe produce doesn't fully gain the intended vitamins, antioxidants, and minerals. In addition, on the long road from field to store, fresh produce loses nutrients.

Vegetables and fruits for freezing and canning are harvested at their peak. These fruits and vegetables have fully ripened and are more nutritious. Quick- and deep-freezing preserves nutrients in the fresh produce. Canning, due to heat, may destroy some nutrients. But, in some cases, canning enhances nutrient profile. For example, canned spinach and pumpkin have higher vitamin A content than fresh ones. Also, canned tomatoes and corn have higher antioxidant levels than fresh versions.

Do not shy away from frozen or canned vegetables and fruits at the store. Just read food labels. Choose low-sodium or no-sodium canned or frozen vegetables and fruits in 100% fruit juice instead of syrup.

For more information see <https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices>



Fresh produce, canned and frozen fruits and vegetables can all help to meet the recommended 4½ cups of each daily.

Photo source: American Heart Association

Join the StrongBodies Program!

Health Benefits of Regular Strength Training:

- *Increase bone density
- *Increase social connectedness
- *Reduce risk for chronic illnesses
- *Reduce pain medicine use
- *Increase balance & agility
- *Increase muscle mass & strength
- *Increase overall feelings of health and wellness



Kewaunee County Fairgrounds Expo Hall

May 14th - July 23rd

625 Third St, Luxemburg WI, 54217 (4H Conference Room)

Tuesdays & Thursdays

9:00-10:15am

This is a FREE 10-week program! Each class includes progressive weight training, flexibility and balance activities, as well as nutrition lessons once a week!



Registration opens April 1st, required by May 7th

Open to Men and Women

---- 3 Ways to Register! ----

Email Mariah @ mariah.broehm.heartcorps@heart.org

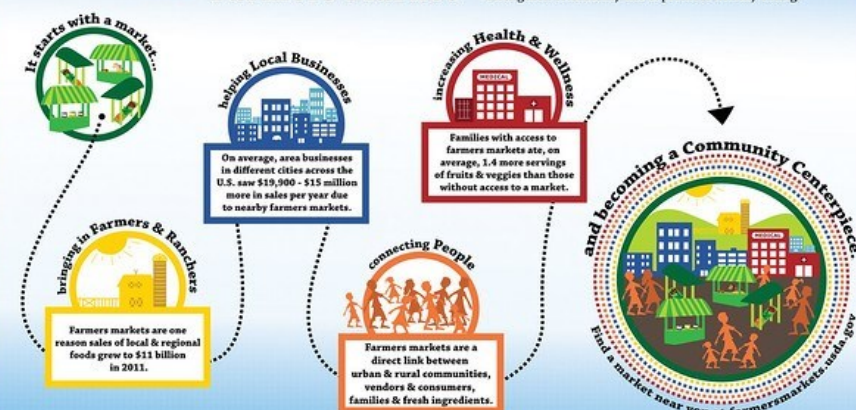
Call Renee @ (920)-388-7137 or

Pick up a registration form at Kewaunee County Fairgrounds

AN AA/EEO EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX AND ADA REQUIREMENTS. REQUESTS FOR REASONABLE ACCOMMODATIONS FOR DISABILITIES OR LIMITATIONS SHOULD BE MADE PRIOR TO THE DATE OF THE PROGRAM OR ACTIVITY FOR WHICH IT IS NEEDED BY CALLING 715-343-4254. FOODWISE IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP AND THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.

The Food Chain Reaction from a Farmers Market

Farmers markets have become a critical ingredient in local economies, food systems, & communities. Not only are they an economic boost to local farms & businesses, they can also strengthen community ties & promote healthy eating.



USDA U.S. Department of Agriculture
2013 Agricultural Marketing Service
SOURCES: The Economic Impact of Farmers Markets: A Study of 8 Markets in 3 Major U.S. Cities (www.marketsandtools.org); Effect of a Targeted Subsidy on Intake of Fruits and Vegetables among Low-income Women in the Special Supplemental Nutrition Program for Women, Infants, and Children (www.ncbi.nlm.nih.gov/pmc/articles/PMC2119076/); Specialty Foods Association (www.specialtyfood.com/news-features/feature-articles/local-food-sales-grow)

Spring is farm market season! Farmers markets have become a critical ingredient to our nation's economy, food systems, and communities. Connecting rural to urban, farmer to consumer, and fresh ingredients to our diets, farmers markets are becoming economic and community centerpieces in cities and towns across the U.S. This summer, low-income SNAP-eligible people in Wisconsin will receive an extra \$40 per eligible child, per month. These benefits work together with other available programs. Let's help families spend these dollars locally by making electronic benefits transfer machines more accessible in Kewaunee County. Businesses and farm markets can find more information about how to accept FoodShare here: <https://www.fns.usda.gov/snap/apply-to-accept>. People who would like to apply for FoodShare can find that information here: <https://www.dhs.wisconsin.gov/foodshare/eligibility.htm>