

# New Horizon Foods Nutrition News

## May 2016 Edition

### May is National Physical Fitness and Sports Month

#### Get a move on!

Have you taken a look outside recently? The weather is gorgeous — it's May, and the Great Outdoors is calling your name.

So, take a break from your schoolwork, turn off the TV and game console, and get into some comfy clothes.

On your way outdoors, switch your soda and chips for a bottle of water and tasty protein balls (see the awesome recipe).

Why bring food? You'll find that while you're working your muscles, your hunger-stimulating hormones decrease, so you feel less like eating unhealthy foods. The protein balls and water will come in handy when you're done with your workout — your body needs protein to heal itself after you exercise.

Ready to get moving? Check out this fun list of activities. Your blood will get pumping in no time and you'll soon feel full of energy!

#### Get together with friends

- **Pick a team.** Basketball, soccer, softball, flag football, roller hockey — these are great sports for groups with mixed skill levels. Switch around teams halfway through so you can get to know each other better.



- **Coordinate a relay race.** Whether you're passing a baton on the track, running with an egg on your spoon, or hopping in a gunny sack, make it your goal to reach your teammates faster than your opponents reach theirs.
- **Fly a kite.** A kite competition is a great way to share your creativity and show off your dexterity — and get loads of fresh air.
- **Play tag.** This all-time favorite is fun no matter how old you are. It can be as simple as playing out in the open, or it can be more Divergent-like by dodging around obstacles and ducking for cover.

#### Invite your BFF

- **Walk, jog and run.** No equipment necessary — except a good pair of comfy shoes. You'll know you're getting a good workout if you're able to talk only comfortably.
  - **Play tennis.** Don't worry about keeping score. If tennis isn't your sport, count how many times you can get the ball to the other side of the court without hitting the net.
  - **Go tandem biking.** Who doesn't want to try a bicycle-built-for two? With you and your friend pedaling together, you can cover more ground, faster — and it's loads of fun!
- **Canoe and pedal boat.** Navigating the waters takes teamwork, cooperation and a bit of problem-solving. Plus, it's great exercise for your arms, core and legs.

## Take time for yourself

- **Practice archery.** Ready, aim, pull, and release! You don't have to be competitive to love the feel of scoring a bull's eye.
- **Roller blade, roller ski and skateboard.** If you're an avid hockey player, cross-country skier, or snowboarder, you don't have to wait for cold weather to enjoy your sport. Enjoy the feel of the wind as you take to the trails on wheels.
- **Go rock climbing.** Even if you can't get to a mountain, you can get a full-body, muscle-strengthening workout on climbing towers and walls.
- **Kayak.** Build your upper body strength while gliding across the water — what better way to free your mind and get close to nature.

Time to rest? Replenish your body by drinking plenty of water and eating healthy carbs and proteins.

## Monthly Recipe: Peanut Butter Oat Bites - A great snack before or after activities!

From North Dakota State University Health and  
Nutrition Extension Services

### Ingredients

- 2 Tbsp. unsalted butter
- 2/3 c. creamy peanut butter
- 1/4 c. powdered sugar
- 3 Tbsp. honey
- 1 tsp. vanilla extract
- 1 1/2 c. crispy rice cereal
- 1 c. quick oats
- 1/4 c. raisins
- 1/4 c. mini chocolate chips
- 1/2 c. honey roasted peanuts, finely chopped

### Directions:

1. Melt butter in a microwave-safe bowl for 30 seconds or less. In a large bowl, combine peanut butter, honey, vanilla and melted butter. Stir in cereal and oats, and allow mixture to cool.
2. Stir in raisins and chocolate chips.

3. Measure portions with a 1-teaspoon measuring spoon and form into balls or prepare the mixture in a greased 13- by 0-inch pan for bars.
4. Roll each ball in finely chopped peanuts, pressing to coat (or cover with peanuts if using pan). Store in refrigerator.

Makes 63 servings. Per serving: about 50 calories, 2.5 grams (g) fat, 5 g carbohydrate, 1 g protein and 20 mg sodium.



## Did You Know: Food before and after exercise helps the body recover.

Not only is it important to be active on a regular basis, but also to prepare and replenish your body before and after any activity. A small snack with whole grains and proteins before a workout helps provide proper energy, such as cheese and crackers. After a workout, a higher protein snack, such as cottage cheese is a good recovery food. Avoiding food before or after can cause added stress to your body.

## Get Involved in Your Community:

### A great way to be Active!

- Volunteer at a childcare or school to play with children at a park.
- Put together a walking group with your friends on a weekly basis.
- Assist with coaching sports teams to help others remain active.