

Total Nutrition

Fun Physical Activity For The Family

(NAPSA)—This past summer was an active one for me. My teenage sons were home from their camp counselor jobs by mid-afternoon and I picked a physical activity for us to do each day. Some days we played tennis, some days we rode our bicycles for miles on the local rail trail and some days we took a long walk. I got in great shape, and enjoyed spending time with my kids. In my effort to keep my kids physically active, I was the winner.



Mindy Hermann

One of the best ways to enjoy physical activity is with family or friends. A recent Eat Right Montana newsletter reminds people that they don't have to

be fitness fanatics to enjoy outdoor activities. A bit of creative thinking is all it takes to find fun ways to be active:

- If you're on a road trip, long or short, check the map for interesting sites to explore on foot. And many cities have walking tours—a great way to learn about a new city.

- Take turns choosing an activity for a group of friends or for the family.

- Explore county, state and national parks in your area.

- Keep a list of local tourist sites to visit. Sometimes we forget about interesting places in our own backyard.

- Explore historical sites like battlefields, monuments, and memorials. Choose sites that relate to subjects your child is

Take-Along Snacks

Whole grain breakfast cereal like Total mixed with dried fruit

Whole grain crackers

Granola bar

Raisins and mixed nuts

Unsalted pretzels



learning about in school, for example, the original 13 colonies or the California missions.

- Get on the water in a paddle boat, canoe or rowboat.

- Find out about paved rail trails for walking or bicycling.

- Grab a book on birds, trees or wildflowers and take a walk through a nature preserve. A park ranger can make the walk even more interesting.

- Enjoy the sights from the top of a hill or scenic overlook.

- Always keep a Frisbee handy for a quick game of "catch."

"Eat wisely to supply your body with fuel for physical activities," suggests Dayle Hayes, R.D., a consultant to Eat Right Montana. "Whole grain foods, like Whole Grain Total and 100 percent whole grain breads, deliver long-lasting energy and important nutrients."

Ask Mindy

Q: What is the best type of pre-activity breakfast?

A: Choose foods that supply energy but are not overly "heavy." Whole grain cereals, breads, fruit, and yogurt are sensible choices. Eat about an hour before activity to give your meal a chance to digest.