

# Total Nutrition

## Weather-Proof Ways to Keep Active

(NAPSA)—People who live in a cold weather climate, as I do, have to be a bit creative to stay active year round. Government agencies and health organizations recommend a goal of 30 to 60 minutes of activity every day, with no excuses allowed for bad weather! So I asked for suggestions from a colleague and expert on children's health, Keith-Thomas Ayoob, EdD, RD, FADA, associate professor



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"It's important to stay active no matter what the weather is outside," says Keith. "The key is to be creative."

Build sandcastles or throw a frisbee with your kids at the beach, even in winter, if the weather is warm enough. If snow is on the ground, make snowcastles instead, using the beach buckets and shovels. Or make a snow fort from the snow in the driveway. Dress warmly and take a walk in a nature preserve, at the zoo, or around your neighborhood.

Turn your garage into play space. Set up for table tennis, toss a baseball, jump rope, or bounce on an exercise ball. If the garage is too cluttered, take an afternoon to clean it out. That counts as activity too.

### These Activities Count

- Building a snowman
- Raking leaves
- Vacuuming before company arrives
- Cleaning out closets



Pair an activity with television watching. Put the exercise bicycle or treadmill in the same room as the television and use it while watching your favorite show. Check out a few different dance or movement videos from the local library and try them with your children.

Choose after-activity snacks wisely to refuel your body. Enjoy a small bowl of Whole Grain Total plus skim milk—it's filling and packed with nutrition. Make air-popped or "light" microwave popcorn and top with a sprinkle of parmesan cheese. Serve carrot and celery sticks with a medley of dips, like salsa, onion dip mix stirred into plain yogurt, and hummus (pureed, seasoned chickpeas).

### Ask Mindy

**Q: How can I motivate myself to get moving when it is so cold and dreary outside?**

**A:** Add activity when you are going out of the house for other reasons. Push your grocery cart up and down every aisle of the market, even if you need only two items. Stop at the local mall and walk around each floor. Every five or 10 minutes of physical activity adds up to your total goal.



*Note to Editors: This is Series V—1 of 26.*