

## Give yourself an activity makeover!

You **can** get more physical activity! Try some small-scale makeovers for your daily routine and your work and home environment. Small changes can be relatively easy to make and can add up to big benefits.

**Find bits of time.** Most people say they don't get enough exercise because they don't have the time. Look for every opportunity in your day to be active, even if it's just for a few minutes.

**Get up a little earlier and exercise first thing.** Walk the dog, put in an exercise video or go to the pool or gym. Another trick is to arrive at work a little early and walk the stairs. It's a good feeling to get some of your physical activity completed early in the day.

**Park your car at the far end of the parking lot** so you will walk more at the beginning and end of the day.

**Take a walk on your coffee break.** Believe it or not, a little activity can be just as refreshing as other breaks.

**Need to go to a different room, wing or floor at work?** Take the long way around!

**Add five minutes** to each walk or workout. Next week add another five minutes.

**Stand instead of sitting,** whenever possible.

**Instead of using email,** whenever you can, walk to see someone in person.

**Walk or bike** to work or to do errands. Be fit and green!

**Remind yourself** to take an activity break. Use a

computer, a PDA, your cell phone, or even make an appointment for a few minutes of exercise.

**Write down** the number of steps you take, or the number of minutes you exercise, or the number of reps and sets of strength training exercises you do. Use a special notebook, or an excel spreadsheet on your computer. Keeping track is a proven tool!

**Always be ready.**

- Keep a pair of sneakers at work or in your car.
- If your at-home sneakers are right next to the door, you can easily grab them to take advantage of a small block of time.
- Keep free weights and a resistance band near the television and use them while you watch.

**Take an exercise break** every half-hour or so while working at your computer. It will help reduce eyestrain too!

**Use the buddy system.** Find coworkers, neighbors, friends and family members who are interested in getting more exercise, and do it together. This gives you someone to talk to, and can help make you feel safer and less self-conscious. Best of all, you'll be less likely to skip it if you know someone's waiting for you.

-- adapted from eatingwell.com

### Recipe of the Week: Peanut Butter Chocolate Chip Oatmeal Cookies

1 c. whole wheat flour  
1 ¼ c. oats, regular or instant  
¾ tsp. baking soda  
½ tsp. salt  
½ c. peanut butter  
½ c. olive oil  
¾ c. brown Sugar  
1 tsp. vanilla  
½ c. egg substitute (or 2 eggs)  
½ c. mini chocolate chips or 1 c. regular size chocolate chips

- Preheat oven to 350°.
- Combine flour, oats, baking soda and salt in a small bowl.

- Beat oil, peanut butter, sugar and vanilla extract in large mixer bowl until creamy. Add eggs, beat well.
- Gradually combine flour mixture to peanut butter mixture. Stir in chocolate chips.
- Drop by rounded teaspoon onto ungreased baking sheets.
- Bake for 8-10 minutes.
- Cool on baking sheets for approximately 2 minutes; remove to wire racks.

Makes 4 dozen cookies.

Nutrition information (per cookie):

Calories: 84	Total Fat: 5g
Saturated fat: 1g	Total Carbohydrate: 9g
Dietary Fiber: 1g	Protein 2g

**Tip of the Week** Healthy eating starts with healthy food shopping. Avoid the less healthy packaged and processed foods in the middle of the store by shopping around the walls of the store. That's where you'll find fresh fruit, vegetables, poultry, fish and low-fat dairy. ---www.healthcastle.com