



FITNESS AWARENESS MONTH

TEXAS A&M
AGRILIFE
EXTENSION



Be sure to get an annual check-up before you started any type of physical activity, if it's been over a year. Knowing your health history and status is important.

Using activities that motivate you will help to formulate a realistic fitness plan that will be successful for you. Set fitness plans and nutritional goals to support you.

MAY 2015

Plans & Events:

- ✓ Physical activity advice
- ✓ Healthy lifestyle changes
- ✓ One nutritious recipe

Fitness Awareness Month

- ✓ Our contact information

"Your body can achieve what your mind believes."



*By Artheria Brown
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Science Spring 2015*

Why is it beneficial to exercise and keep the body active?

It is important to exercise at least 30 minutes most days of the week. Physical activity can be beneficial to your lifestyle's longevity. Here are a few things that exercise can help: weight control, enhance cognitive functions and higher quality of satisfied sleep.

Other improvements help with focus and concentration, mood and stress reduction, and self-esteem and body images, and causing lower risk with many health conditions.



Apple-Licious Smoothie

What you need:

Prep Time: 10 minutes

Cost per Serving: \$ 0.35

Utensils:

- Pitcher
- Whisk
- Mixing Spoon

Ingredients:

- 2 cups applesauce, unsweetened
- 2 cups 100% apple juice*
- 2 cups fat-free strawberry yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. In a pitcher, combine all ingredients and mixed well.
3. Cover and chill until ready to serve.

Improving Lives, Improving Texas!

Nutrition Facts	
Serving Size 1 cup (247g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 32g	
Protein 4g	
Vitamin A 0%	• Vitamin C 2%
Calcium 15%	• Iron 2%



Exercise to be fit, not skinny.

Eat to nourish your body.

And always...

Ignore the haters, doubters & unhealthy examples that were once feeding you.

You are worth more!

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. A member of the Texas A&M University System and its statewide Agriculture Program.

For BLT/ Nutrition Classes please contact Flora Williams at Texas AgriLife Extension Service Brazos County Office 2619 Hwy. 21 West Bryan, TX. 77803 (979)823-0129