

# Home Page

Eat Well Play Hard with Day Care Homes  
Family Newsletter

## As a parent, what can physical activity do for you?

Having fun being active isn't just for kids. When grown-ups live an active lifestyle, they set a good example for children. Plus by taking care of yourself, you are making sure you're strong enough to raise healthy children.

### Check off the benefits you hope to get from active living:

- Play with my children
- Be with family and friends or meet new people
- Enjoy myself and have fun
- Be healthier
- Increase my chances of living longer
- Feel better about myself
- Have less chance of becoming depressed
- Sleep better at night
- Help me look good
- Be in shape
- Get around better
- Have stronger muscles and bones
- Help me stay at or get to a healthy weight

Source: U.S. Department of Health and Human Services, [Be Active Your Way: A Guide for Adults](#). Available at [www.healthfinder.gov/getactive](http://www.healthfinder.gov/getactive).

### Baked Zucchini Squash

Yield: 4 cups      Serves: 4 adults

#### Ingredients

2 medium zucchini squash  
1/2 cup low-fat sour cream  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon garlic powder  
3 tablespoons grated Parmesan cheese  
1/4 cup dried bread crumbs.



#### Steps

1. Preheat oven to 375 degrees.
2. **Wash the squash, and drain in a colander.**
3. **Place each squash on the cutting board.** Cut off the ends, and discard.
4. Slice each squash into 1/2-inch circles. **Place cut squash in a 1-quart mixing bowl.**
5. **Add sour cream, salt, pepper, and garlic powder to the squash. Mix well.**
6. Pour the squash mixture into a 1-quart casserole dish. **Smooth out to fill the bottom of the dish.**
7. **Sprinkle the Parmesan cheese over the squash evenly. Then top with bread crumbs.**
8. Bake for 30 minutes.
9. **Enjoy!**

**Have your child help you do the bold steps.**

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## Activity Goals for Adults

Try to fit in 2 hours and 30 minutes of physical activity each week. You need to do this activity at least 10 minutes at a time. Start by doing what you can, then look for ways to do more. Remember some activity is better than no activity. Use this table to help you chart your progress.

**EXAMPLE:**

My goal is to be physically active for a total of \_\_\_\_\_ hours and \_\_\_\_\_ minutes this week.

What I did	When I did it and for how long							Total hours or minutes
	Mon	Tues	Wed	Thu	Fri	Sat	Sun	
<i>Walked</i>		30 min	30 min		30 min		30 min	2 hours
<i>Danced</i>	15 min					15 min		30 min
<b>This is the total number of hours or minutes I did these activities this week:</b>								2 hours and 30 min

My goal is to be physically active for a total of \_\_\_\_\_ hours and \_\_\_\_\_ minutes this week.

What I did	When I did it and for how long							Total hours or minutes
	Mon	Tues	Wed	Thu	Fri	Sat	Sun	
<b>This is the total number of hours or minutes I did these activities this week:</b>								

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