



Wellness
Nutrition

March 2019

Fun FaCts



Fitting in Physical Activity

DID YOU KNOW?

The typical person spends
7.7 Hours
each day sitting or being
inactive. Reducing your
inactive time can improve
your health drastically.

REGULAR PHYSICAL ACTIVITY

can reduce the chance of
developing:
Heart Disease
Type-II Diabetes
High Blood Pressure
High Blood Cholesterol
Stroke

DURING PREGNANCY

women should aim for
150 Minutes
per week of moderate activity.
Women used to more vigorous
activity prior to pregnancy
can continue these activities.
Ask your healthcare provider
to see how to stay active
during your pregnancy.

ADULTS

should participate in
2.5 Hours
of moderate activity
or **1.5 Hours**
of vigorous activity per week.
Try to spread it out over the
week and add strength
training too!

3-5-YEAR-OLD CHILDREN

should be encouraged to get
3 Hours
of activity each day. Playing
games outside, riding bike,
jumping, or catch are all great
ways to add activity to your
preschooler's day.

CHILDREN & ADOLESCENTS

should be encouraged to get
60 Minutes
of physical activity a day. Aim
for moderate to vigorous
intensity and find ways to
make it fun!



breastfeeding blurb

Breastfeeding and Exercise

Breastfeed your baby before you work out so that your breasts are less full.

1



2 Develop an exercise plan that fits into your day with your baby.

2



3 Wear breast pads if leaking is an issue.

3



4 Wear a supportive bra to help you feel comfortable. Some women wear two, for more support.

4



5 Take a quick shower or towel-dry before you nurse if your baby doesn't like nursing when you're sweaty.

5



Delicious & Nutritious!

Breakfast Casserole

4 Servings

Prep time: 15 minutes

Cook time: 45 minutes

Ingredients:

- 1 medium onion
- 1 large bell pepper
- 1 tablespoon oil
- 8 eggs
- ½ cup milk
- Salt and pepper to taste
- 4 slices whole wheat bread, cubed
- ½ cup shredded cheese
- 2 medium tomatoes
- 2 cloves garlic

Recipe from: Wichealth.org



Directions:

Wash and prep hands, surfaces, and vegetables. Place rack in center of oven and preheat to 350 degrees F. Slice onion and peppers vertically. Reserve 1/4 of the onion. Heat oil in pan, sauté peppers and onions for 5-8 minutes until tender and starting to brown. Remove from heat. Beat 4 whole eggs and 4 egg whites, milk, salt and pepper in large bowl, set aside. Spray 8 or 9 in pan (round or square) with cooking spray and arrange bread cubes in bottom of pan. Sprinkle shredded cheese over bread, then add sautéed vegetables and pour egg mixture over the top. Bake uncovered for 45 minutes, until set. While casserole is baking, prepare salsa by combining tomatoes, garlic and remaining onion. Serve casserole topped with fresh salsa.