



Oneida • Herkimer • Madison

BOCES

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Nutrition Notes: April 2017

Celebrate Earth Day- April 22



United States Department of Agriculture

BE ACTIVE YOUR WAY ON EARTH DAY

Experience Earth Day by doing outdoor activities you enjoy. Being physically active helps you feel better and can help reduce the risk of some chronic diseases. Adults should be active at least 2½ hours a week. Here are some tips to help you move more.

HIKING

Find a fitness buddy. Encourage each other to be active.

BIKING

Add bursts of intensity to get your heart pumping.

↑ TRAIL AHEAD



CANOEING

Physical activities shouldn't be a chore. Have fun!

WALKING

It all adds up. Even moving for 10 minutes counts.

SWIMMING

Track your progress using the SuperTracker diet and physical activity tracking tool.

MORE TIPS

Drink Up

Reach for water when you're thirsty or being active.

Get an Energy Boost

Choose the right snacks for outdoor activities. Pack fruit, nuts, whole-grain crackers and low-fat cheese.

Strengthen Your Muscles

Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

For more tips on staying healthy and active, visit ChooseMyPlate.gov and SuperTracker.usda.gov. Look for the 10 Tips Nutrition Education Series.

