



# "Bits and Bites"

*Healthy Eating and Activity Teams*

*May 2010*



## **You're It – Get Fit!**

**May is National Physical Fitness and Sports Month.** People of all ages need to include physical fitness into their daily lives. You don't need to sweat in a gym or run a marathon to reap the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter increments of ten or fifteen minutes, can greatly improve your health.

**Adults** need at least 30 minutes of activity 5 days a week. This can be accomplished by biking or walking instead of driving, taking stairs instead of elevators, or pushing a lawnmower instead of riding one.

**Children** need at least 60 minutes of active play daily, such as, running, climbing, and jumping. Just get up and move around, away from being sedentary at a desk, TV, computer or video games.

**Hydration** - Remember to drink plenty of fluids before, during and after exercise. Cool water without sugar, caffeine or alcohol is the best option for maximum hydration. Unless exercising intensely and continuously for over one hour, sports drinks or other beverages are not needed for proper hydration.

**Energy Drinks** - Energy drinks like Monster should not be confused with sports drinks such as Gatorade, which may be consumed to help people stay hydrated during exercise. Energy drinks can boost the heart rate and blood pressure (sometimes to the point of palpitations), dehydrate the body, and prevent sleep. Energy drinks should not be used while exercising as the combination of fluid loss from sweating and the diuretic quality of the caffeine can leave the user severely dehydrated.

**Web Site Resources:**

<http://www.fitness.gov/>

<http://www.presidentschallenge.org/>



**Brought to you by the Rural Health Education Network of Delaware, Otsego, Montgomery and Schoharie Counties and your Healthy Eating and Activity Team**

## Quotes of the Month

**“The first wealth is health.” -Ralph Waldo Emerson**

**“The world’s favorite season is spring,  
All things seem possible in May.” -Edwin Way Teale**



## Recipes for the Month

### Balsamic Roast Chicken

Balsamic vinegar has a dark color and rich flavor. Combined with a hint of brown sugar, this vinegar makes a sauce that's much healthier than traditional high-fat gravy.

#### Ingredients

1 whole chicken, about 4 pounds  
1 tablespoon fresh rosemary or 1 teaspoon dried rosemary  
1 garlic clove  
1 tablespoon olive oil  
1/8 teaspoon freshly ground black pepper  
8 sprigs fresh rosemary  
1/4 cup balsamic vinegar  
1/2 teaspoon brown sugar

#### Directions

Preheat the oven to 350 F. Rinse the chicken inside and out with cold running water. Pat it dry with paper towels. In a small bowl, mince together the rosemary and garlic. Loosen the chicken skin from the flesh, and rub the flesh with olive oil and then the herb mixture. Sprinkle with black pepper. Put 2 rosemary sprigs into the cavity of the chicken. Truss the chicken. Place the chicken into a roasting pan and roast for 20 to 25 minutes per pound, about 1 hour and 20 minutes. Whole chicken should cook to an internal temperature of 180 F. Baste frequently with pan juices. When browned and juices run clear, transfer the chicken to a serving platter. In a small saucepan, combine the balsamic vinegar and brown sugar. Heat until warmed but don't boil. Carve the chicken and remove the skin. Top the pieces with the vinegar mixture. Garnish with the remaining rosemary sprigs and serve immediately.

#### Nutritional Analysis Per Serving (Serves 6)

Calories	290	Cholesterol	127 mg
Protein	44 g	Sodium	108 mg
Carbohydrate	4 g	Fiber	0 g
Total fat	11 g	Potassium	625 mg
Saturated fat	3 g	Calcium	80 mg
Monounsaturated fat	5 g		

MAYO CLINIC HEALTHY WEIGHT PYRAMID SERVINGS

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