

The Healthy Living Beet: October Issue

Highlights:



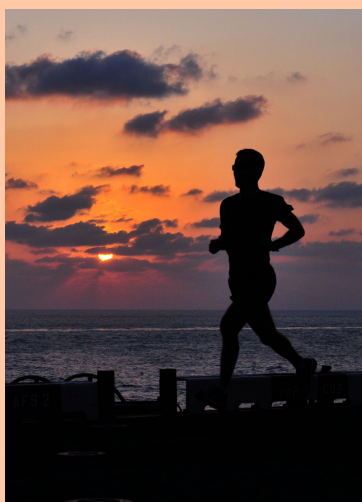
- Check out the Dance Anatomy class JUST for Healthy Living Ambassadors on **October 24th**- more on page 2!
- Ambassador reports are due **December 10th**- don't forget!

What's in this issue?

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Physical Activity

Physical activity is an important part of living a healthy lifestyle. Youth who are physically active usually have higher levels of cardiorespiratory fitness, stronger muscles, lower body fat, and stronger bones, all working to prevent chronic disease later in life. Physical activity can also affect mental health, improving cognition and memory, reducing symptoms of depression, and improving attention and academic performance.



The Physical Activity Guidelines for Americans recommends children 6 through 17 participate in at least 60 minutes of moderate-to vigorous physical activity each day. Moderate-to-vigorous physical activity can be measured by how you feel doing the exercise. On a scale of 0 to 10, 0 being sitting and 10 being your highest level of effort possible, moderate intensity should be at around 5 to 6 and vigorous intensity starts at 7. Your heart will start to beat faster and your breathing will be harder. aerobic, muscle-strengthening, and bone-strengthening activities should all be a part of your weekly routine when it comes to physical activity. Let's explore some examples of each!

Aerobic activities are those that move large muscles for an extended period of time. Some examples include running, hopping, skipping, jumping rope, swimming, dancing, and bicycling. Muscle-strengthening activities make our muscles overload by doing more work than just usual daily activities. Playing on playground equipment, climbing trees, playing tug-or war, lifting weights, or working with resistance bands all count as muscle-strengthening activities.

Playing on playground equipment, climbing trees, playing tug-or war, lifting weights, or working with resistance bands all count as muscle-strengthening activities. Bone-strengthening activities produce a force, usually from impact with the ground, on the bone, promoting bone growth and strength. Some examples include running, jumping rope, basketball, tennis, and hopscotch. Bone-strengthening activities can also be aerobic activities or muscle-strengthening activities, and the goal is to combine the three types of physical activity and get in at least 60 minutes of moderate-to-vigorous physical activity each day. More ideas for physical activity can be found in the Physical Activity Guidelines for Americans here.

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Recipe of the Month

Jack O' Lantern Pumpkin Pancakes

Ingredients:

1 egg
 ½ cup canned pumpkin
 1 ¾ cups nonfat or 1% milk
 2 Tablespoons vegetable oil
 2 cups flour
 2 Tablespoons brown sugar
 1 Tablespoon baking powder
 1 teaspoon pumpkin pie spice
 1 teaspoon salt
 5 Tablespoons raisins
 (optional, to make faces)

Directions:

Combine eggs, pumpkin, milk and oil in large mixing bowl. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (300 degrees in an electric skillet). Using a 1/4 cup measure, pour batter on hot griddle. Put a face on the jack-o-lantern, using raisins for eyes and teeth. Drop raisins in batter while it cooks. Pancakes are ready to turn when tops are bubbly all over, and the edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once. Continue to bake until bottoms are brown and dry. Refrigerate leftovers within 2 hours.



Source: [Food Hero](http://FoodHero.org)

Lettuce Share

Click these links to check out this month's tools:

[US Government Health Page](#)

[OSU's Food Hero](#)

Healthy Living Ambassador Learning Opportunity: Dance Anatomy

When: October 24th from 10am to 11am

Join us for our next Healthy Living Ambassador meeting! This learning opportunity is not mandatory, but we hope that you will join. Ms. Katrina Laurel-Searcy will be leading a fun and interactive class called "Dance Anatomy". Just because "social distancing" means your in-person classes got canceled, your Georgia 4-H Healthy Living Ambassador training doesn't need to stop. Dance Anatomy focuses on building a balanced body by identifying and exercising different muscle groups through the art of cultural dancing. We will explore 11 muscle groups and utilize 4 different cultural dances to target those muscles – HipHop (USA), Bollywood Dance (India), Filipino Fan Dance (Philippines) and Belly Dancing (Middle Eastern Cultures). The dance portion of the class is set-up "Zumba" style, where Ambassadors will follow the instructor's lead. This is a fun class that will get you moving to the beat of your own fitness goals.. We can't wait to see you there!

submission box

DO YOU HAVE A HEALTHY LIVING TIP/TRICK/RESOURCE/IDEA THAT YOU WANT TO SHARE? TELL US ABOUT IT AND YOU COULD BE FEATURED IN NEXT MONTH'S NEWSLETTER! CLICK THIS LINK TO SUBMIT YOUR IDEA!



GEORGIA
4-H AMBASSADORS

