

# BETTER LIVING FOR TEXANS

## TEXAS A&M AGRILIFE EXTENSION SERVICE



July 2024

### Do What Moves You

Physical activity is an important part of staying healthy. It may reduce pain and the risk of diseases, build strong bones and muscles, and improve balance to prevent falls.

The United States Department of Health and Human Services (HHS) recommends adults get **150 minutes** of moderate-intensity, or 75 minutes a week of vigorous-intensity activity and at least **two days** a week of strength training to gain these benefits. Children should get **60 minutes or more** a day of moderate-to-vigorous activity. The good news is anything that gets your heart beating faster and challenges your muscles counts. Not sure if your activity is moderate or vigorous? Use the "talk test" to check. If you are breathing hard but can still carry on a conversation, you are doing moderate-intensity activity. If you are breathing heavy but can only get out a few words at a time, you are doing vigorous-intensity activity.

Physical activity doesn't have to feel like a chore or be boring to be good for you. Even if you only have 5-10 minutes at a time, it all adds up. Some options for activity are walking in your neighborhood or local mall, chair exercises, gardening or yard work, bicycling, dancing, and swimming or water aerobics.

July marks the beginning of the 2024 Summer Olympics. Not only are the Olympics fun to watch, but they can inspire some great physical activity. However, you don't have to be an athlete or join a gym to participate in them. Use the activity bingo card in this newsletter to try some different activities at home and move your way. Get creative with items around the house and modify any activity for your level of fitness. Have fun and do what moves you!

Written by: Jennifer Powell, BLT Extension Agent-Williamson County

Source: [Physical activity \(who.int\)](#)

[Walk. Run. Dance. Play. What's your move? - Move Your Way | health.gov](#)

Bingo Card Photo Source: Created by Jennifer Powell via Canva.com



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### Schedule 2024 Classes Today!

A Fresh Start to a Healthier You! | Be Well, Live Well | Healthy Carbohydrates | Get the Facts | Growing & Nourishing Healthy Communities Garden Course | Walk Across Texas | Walk & Talk

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### Recipe of the Month

Source: Mary Masterson, Extension Agent – BLT, Bexar County

#### Watermelon Mint Salad with Jicama

Serves 6

#### Ingredients:

- 4 cups watermelon, cubed
- 2 cups blueberries
- 3 cups jicama, diced
- ¼ cup fresh mint, shredded (optional: additional for garnish)
- 3 tablespoons lime juice
- 1 tablespoon honey



#### Directions:

1. Combine the watermelon, blueberries, jicama, and shredded mint in a large serving bowl.
2. In a small bowl, whisk together the lime juice and honey. Pour over salad and toss lightly.
3. Optionally, garnish with fresh mint leaves, and serve immediately.

**Nutrients Per Serving:** 100 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 24 g carbohydrates, 5 g fiber, 15 g total sugar, 3 g added sugar, and 2 g protein

**Estimated Total Cost for Recipe:** \$6.87; Estimated Cost Per Serving: \$1.15



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