

# NEWSLETTER

## Staying Active During the Holidays

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The holiday season and cold weather are upon us. It might seem difficult to stay active and healthy with all the chilly weather, get-togethers, baked goods, busy schedules, and extra tasks to prepare for the season. Here are some tips for staying active and healthy this winter.

### Take family walks:

Some families will be getting together to share meals, and spend time together this time of year. Why not add in family activity time? After your family meal, why not take a family walk around the neighborhood? You can make your family walk even more fun by singing, race walking, or playing fun games like I Spy.



### Use commercials to your advantage:

It can be difficult to be active when it's cold outside, so why not multi-task? While you're watching TV with the kids, try doing small exercises such as jumping jacks, lunges, push-ups, squats, wall sits, or planks, while the commercials are on. The kids and other family members can even get involved. Make it fun by turning it into a game or a competition. You can also add in some exercises while doing other activities like between cooking or cleaning.

### Make it a game

This is something we learned from our friends from the Expanded Food and Nutrition Education Program (EFNEP). If you have lots of kids in the house, play Simon Says - Exercise Edition! Round up all the kids and tell them to do what Simon says. For example, "Simon says do 5 jumping jacks," and then do it with them!

- For more tips on staying active, go to: <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/tag/physical-activity/>.
- For tips and recipes to help you eat smart over the holidays, visit: <https://esmmweighless.com/holiday-challenge-recipes/>. You can even find delicious recipes for your favorites, like, *Healthier Sweet Potato Casserole, Lighter Lemon Squares, and Apple-Glazed Carrots with Bacon.*

## Winter Workout

Here is a workout that can be done anytime and almost anywhere. Be sure to consult your doctor before doing any physical activity. If you do not know how to do a specific exercise, there are videos and resources online to help show you how to properly do them. The Center for Disease Control is an excellent resource for instructions. Visit, <http://www.cdc.gov/physicalactivity/basics/index.htm>.

- 5 Push-ups
- 10 Lunges
- Plank 20-30 seconds



Complete each of the above exercises, then repeat the whole series four additional times. In each round, do one exercise right after another, with a 1 minute rest period between each round (not each exercise). If needed, allow yourself more rest time in between rounds when you first start the workout.

Let us know how you do, or what other exercises you enjoy, on our Facebook page!

### Upcoming Events:

#### Zumba at Mt. Peace Baptist Church

Mondays @ 7-8:30am &  
Saturdays @ 12:30-2pm  
1601 Martin Luther King Jr. Blvd., Raleigh, 27610

- Call to Confirm: 919-807-1194
- Cost: \$3

#### Hikes at Raven Rock

Dec. 17 @ 9am-12pm  
Jan. 1 @ 10am-12pm  
Jan. 1 @ 1-3pm  
3009 Raven Rock Rd., Lillington, NC  
• 910-893-4888

#### Livestrong (Free) Workout

Dec. 21 @ 5:30-6:30pm  
Lee County YMCA  
860 Spring Ln., Sanford  
• 919-777-9622

#### Check the VIA calendar for more events:

<http://voicesintoaction.org/events>

## Light Pumpkin Pie with Ginger Snap Crust



### INGREDIENTS:

- 1 cup ginger snap cookies
- 1/2 cup egg whites (about 4)
- 16 oz can pumpkin pie filling
- 1/2 cup sugar
- 2 tsp pumpkin pie spice (cinnamon, ginger, cloves)
- 12 oz can fat free evaporated milk

### INSTRUCTIONS:

1. Preheat oven to 350 degrees
2. Grind the cookies in a food processor. (Note: If you don't have a food processor, no worries! You can put the cookies in a storage bag and crush them with a large mug or a potato masher.)
3. Lightly spray a 9" glass pan with vegetable cooking spray.
4. Pat the cookie crumbs into the pan evenly.
5. Mix the rest of the ingredients in a medium-sized mixing bowl.
6. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes.
7. Store in refrigerator. Allow to cool and slice in 8 wedges.

Source: <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/pass-the-pie-but-hold-the-fat/>

This healthy recipe idea is courtesy of Eat Smart Move More NC.

This recipe and others can be found at:

[www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes](http://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes)

If you are looking for free tools to promote healthy eating and active living for your family, school, church, worksite, or community, visit the website below to get started!

[www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html](http://www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html)

Our mission is to partner with communities to improve access to healthy, affordable food and safe places to be active.



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