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**Go-to Salad Toppings**

- Carrots
- Cucumber
- Broccoli
- Peppers
- Diced Red Onion
- Cherry Tomatoes
- Sunflower Seeds
- Chick Peas



**No Equipment, No Excuses Work Out**

Sometimes it can be difficult to find a good place to be active and stay in shape. Gym memberships can get expensive and all this heat can make it difficult to work up the motivation to go for that run or walk. Here is a work out that doesn't require any equipment and can be done right at home! If you don't work out regularly please remember to ask your physician before doing any type of physical activity that you aren't sure of! Also all of these exercises can be modified for lower impact. It's important to pay attention to your body while you are working out. If anything hurts stop immediately and consult your physician. Don't forget to stay hydrated! Happy exercising!

Complete one set of each exercise with minimal rest between exercises. This is 1 round, complete 3-5 rounds based on your fitness level.

**1. Burpee 8-10 reps**

Start by standing tall. Squat down and place hands on floor. Jump or step your feet back so you are in push up position. Squeeze your abs to keep your back straight. Jump or step your feet back in and stand up. Repeat. Optional: jump at the end.



**2. Squats 15 reps**

Stand with your feet shoulder width apart. Squat down until thighs are parallel with the ground (like you are sitting in a chair). Note: you do not need to go all the way to the ground. Return to standing position and repeat.

**3. Pushup 10 reps**

Place your hands on the floor about shoulder width apart and feet straight behind you. Squeeze abs to maintain straight back position. Lower your body, feeling your elbows close to your sides, until you almost reach the floor. Press with your chest and arms to return to start position. Modifications: Place your knees on the ground or perform same exercise but up against a wall if needed.



**4. Split Stand Lunge 5 reps per side**

Stand with 1 leg 1 step in front of your body and the other leg 1 step behind. Drop your back so your knee almost reaches the ground then return to start position. After 5 reps, switch legs and repeat. Keep a chair or other stable surface nearby for balance.

*If you aren't sure how to do one of these exercises, try looking up an online tutorial that will explain proper form so that you can get the most out of your work out. There are plenty of videos out there to help understand the movements.*

This work out was provided to us by Balanced Strength Training Systems, a personal training business in the Wake County area. Find this trainer at [facebook.com/balancedstrengthtrainingsystems](https://www.facebook.com/balancedstrengthtrainingsystems)

# Easy Parfait

For an easy breakfast parfait on the go, pack an insulated coffee cup or thermos with low fat yogurt, granola and grapes (or any other fruit you like).

**MAKE AHEAD TIP:** Pack your yogurt and fruit cup the night before and store in the fridge. Before eating, top with granola or other whole grain cereal.

**MONEY SAVING TIP:** Buy large containers of low fat yogurt instead of individual cups.

Source: [www.ncfamilieseatingbetter.org/EFNEP/participants/tips/tag/bulk](http://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/tag/bulk)



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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