



live well, work well

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10 Tips for Becoming More Active as a Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

- **Set specific activity times.** Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.
- **Plan ahead and track your progress.** Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.
- **Include work around the house.** Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.
- **Use what is available.** Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or a minimal charge.
- **Build new skills.** Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!
- **Plan for all weather conditions.** Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.
- **Turn off the TV.** Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.
- **Start small.** Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.
- **Include other families.** Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.
- **Treat the family with fun physical activity.** When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

Water Conservation Tips

Water is one of the most basic and vital resources for sustaining life. Despite this, or perhaps because of it, water is often overlooked both in terms of availability and as a driver of household expense. The following tips can be used to curb excess usage and conserve this precious resource:

- Your toilet is the single-greatest consumer of water in your household. Place a full two-liter bottle in the back of your toilet to reduce the amount of water needed to fill the tank.
- Drop tissues in the trash instead of flushing them.



- Put food coloring in your toilet tank. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it can save up to 1,000 gallons a month.
- Wash your fruits and vegetables in a pan of water instead of running water from the tap. Reuse it to water houseplants.
- Shorten your shower by a minute or two and you'll save up to 150 gallons per month.
- When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.



Summer Exercise Safety Tips

While regular exercise is essential for good health, it's only beneficial if done safely. Follow these precautions to eliminate the danger in warm weather work-outs.

Stay hydrated. Drink water before, during and after exercising. Experts recommend drinking 20 ounces of water before exercising and eight ounces after finishing your work out, with water breaks every 15 to 20 minutes while exercising.

Choose the right clothing. Wear loose-fitting clothes to allow circulation of air between your skin and the environment.

Wear sunscreen. Apply sunscreen with an SPF of at least 15 half an hour before exercising.

Moderate your pace. If it's hotter than usual, cut back on your pace or exposure time. Don't try to set personal records during the hottest time of the year.

Grow Your Own Vegetable Garden

Gardening might be the best hobby out there. Growing your own garden is a great way to be active, eat healthy and save money all at once. Whether you're a novice or a seasoned gardener, here are some tips to help supercharge your growing power:

Keep it small. Start small so you don't overwhelm yourself with gardening tasks and growing cycles, and also so you don't end up wasting food by growing more than you need.

Grow for variety. Homogenous gardens are more susceptible to insects and disease than gardens with a variety of plants. Keep in mind that vegetables such as tomatoes, peppers and squash keep providing throughout the season, but other vegetables, such as carrots, radishes and corn, produce only once.

Decide where to grow. The perfect spot for your garden will have good soil, be close to a source of water and receive six to eight hours of direct sunlight every day. This can be accomplished on a porch with a growbox or separate containers if you're working without a yard. A well-tended 10-by-10 garden will usually produce more than a weed-filled or disease-ridden 25-by-50 bed.

Start composting. Compost piles provide excellent nutrients for your garden soil, and because they can be made of grass clippings or discarded fruits and vegetable material, they are completely free.

Make it visible. Keep your garden in a place where it will be seen. It's easier to appreciate and remember that your garden needs tending if you plant next to your front porch, rather than tucked away somewhere in the backyard.

TRY SCUBA – Coming this fall!

What is it like to breathe underwater? Find out how easy and fun it is to learn to scuba dive in TRY SCUBA! Try scuba in the safe confines of the Rec Plex in Pleasant Prairie. This is a great way to learn about a new sport or get yourself a new dive buddy!

We are trying to gauge employee interest in this type of event. If you might be interested in participating in TRY SCUBA this fall, please contact Seth Rehbaum, x4949.



Couscous Salad

Couscous is made of tiny grains of pasta and is a staple of North African cooking. It combines well with dried cherries in this high-fiber salad, which can be served as a great accompaniment to pork, lamb or poultry.

1 cup water
¾ cup couscous
½ cup dried tart cherries
½ cup coarsely chopped carrots
½ cup chopped cucumber
¼ cup sliced green onions
¼ cup toasted slivered almonds
3 tbsp. balsamic vinegar
1 tbsp. olive oil
1 tbsp. Dijon-style mustard
Salt and pepper to taste

In a medium saucepan, bring water to a boil. Add couscous and remove from heat. Let stand, covered, for 5 minutes before fluffing couscous with a fork. Put cooked couscous, dried cherries, carrots, cucumbers, green onions and almonds in a large mixing bowl and mix well. In a separate bowl, combine vinegar, olive oil and mustard; mix well. Pour over couscous, stirring to coat all ingredients. Season with salt and pepper. Serve chilled or at room temperature.

Yield: 6 servings. Each serving provides 190 calories, 1g of fat, 0mg of cholesterol, 28mg of sodium and 9g of fiber.

Source: Michigan Department of Community Health