

Just Say Yes to Fruits and Vegetables



Here Comes the Sun! Physical Activity for Everyone!

Longer daylight hours and warmer temperatures mean the revival of physical activity! Springtime is the perfect time of year to jumpstart a more physically active lifestyle.

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 day**.

Benefits of regular physical activity include:

- Increased circulation;
- Improved strength, endurance, flexibility;
- Enhanced energy levels;
- Decreased effects of stress on your body;
- Improved mental and emotional health by reducing stress and relieving anxiety and depression.
- Physical activity plays a vital role in promoting overall wellness.



If you have been inactive, start slowly and work up to 30 minutes a day at a pace that is comfortable for you.

If you are unable to be active for 30 minutes at one time, accumulate activity over the course of the day in 10-15 minute sessions.

Get started

- Take a brisk walk around the block with family, friends, or coworkers.
- Rake the leaves or do spring cleaning and other household chores.
- Walk up the stairs instead of taking the elevator.
- Mow the lawn using a push mower.
- Take an activity break at work or home. Get up and stretch or walk around.
- Park your car farther away from entrances to stores, the office, or your home and walk the extra distance when it is safe to do so.
- Join the local gym or fitness club, town recreation league, or sports team.



Why not have **Just Say Yes to Fruits and Vegetables** visit your food pantry, soup kitchen or shelter? We provide free nutrition education, along with taste samples of healthy recipes and free gifts. Please give us a call for more information.

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Serving the following counties: Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington Counties.

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Serving the following counties: Dutchess, Orange, Putnam, Rockland, Sullivan and Ulster counties.