



**Getting  
fit!**

**The more you do...  
the better for you!**

**Moving more every day!**

# The More You Do, the Better for You

Adults need at least 150 minutes of moderate-intensity aerobic activity, preferably spread throughout the week. The same benefits can be achieved with vigorous-intensity aerobic activity for at least 75 minutes per week. Adults should also engage in muscle strengthening activities of moderate or greater intensity that involve all major muscle groups at least 2 days per week. Children and adolescents need at least 60 minutes of moderate physical activity each day. A walking plan is a good way to get started.

- Start with small goals.
- Plan time for physical activity every day.
- Gradually increase activity to reach your goals.

Use this tracker to help you reach your personal goals.

## WEEK ONE: Walk briskly 15 minutes most days a week.

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

## WEEK TWO: Walk briskly 20 minutes most days a week.

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

## WEEK THREE: Walk briskly 30 minutes every day.

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

**NOTE:** As you continue, try adding light weights 2 days a week.

If your goal is to lose weight, you will need to increase your activity time and/or intensity. Be sure to consult your doctor before starting any exercise program.

### Focus on Play and Enjoyment for You and Your Family.


- Do something you enjoy. Choose activities that increase your heart rate and breathing like brisk walking, dancing, swimming, or bicycling.
- Be active together.
- Play active games together as a family.

# Oven Baked Chicken Nuggets

Makes 4 servings | Serving Size: 6 nuggets



**165°F** Chicken should be cooked to an internal temperature of 165°F.

 **Hints:** Experiment with different spices such as garlic, lemon pepper, paprika, no-salt seasoning blend, dry ranch dressing mix, etc....

Finely crush corn flakes for best results.

## Ingredients


- 1 egg
- 2 tablespoons low-fat milk
- 2<sup>3</sup>/<sub>4</sub> cups cornflakes, finely crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
- 1/4 cup of dressing such as Ranch or dipping sauce such as honey mustard, barbecue sauce, or ketchup
- Non-stick cooking spray

## Directions

1. Preheat oven to 400°F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush finely. Add Italian seasoning to crushed cornflakes and mix well.
4. Dip chicken pieces in egg mixture; then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
- 165°F** 6. Carefully place pan in oven and bake for 15 minutes or until the chicken has reached an internal temperature of 165°F.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with dipping sauce of your choice.

## Nutrition Information Per Serving

265 calories		Total Carbohydrate	17 g
Total Fat	5 g	Dietary Fiber	0 g
Saturated Fat	1.5 g	Sodium	240 mg
Protein	38 g		

 **Good Source of Iron**

*Recipe analyzed without dipping sauce.*



## Don't Wait, Walk

When you take your children to an appointment, activities, or lessons, use the waiting time to go for a walk or take a stretch break.