

Motion is Lotion: Movement is Body's Magical Potion

We've all know physical activity is great for your health! But did you know researchers found 30 minutes of exercise most days helps you maintain a healthy weight, reduces the risk of coronary artery disease and dementia, decreases blood pressure, helps to prevent Type 2 diabetes, and lessens the risk for breast, colorectal, and pancreatic cancers? Start being physically active now. It's never too late or too early!

Here's how you can add 30 minutes of physical activity a day:

- 🎯 Start by getting short bouts of 10 minutes of physical activity at least 3 times throughout your day.
- 🎯 Wake up 15 minutes earlier than usual to stretch or get a little extra physical activity.
- 🎯 Park at the back of the parking lot, even in the winter's cold, to get a few extra steps in.
- 🎯 If you can, walk or bike to your destination rather than drive.
- 🎯 Do stretches, exercise, or pedal a stationary bike while watching television or during commercials.
- 🎯 Put on some music and dance as you make dinner.
- 🎯 Recruit a partner for support and encouragement.
- 🎯 Get the whole family involved by being active together.



For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



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Purduenep



Purdue Extension
Nutrition Education Program



Resource: <https://extension.colostate.edu/docs/pubs/foodnut/09387.pdf>
<https://www.eatgathergo.org/recipe/burrito-soup/>

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Burrito Soup

Ingredients

- 1 cup chopped onion
- 1 cup chopped zucchini
- 1 tablespoon vegetable oil
- 1 can (15.5 ounces) refried beans
- 1 can (28 ounces) diced tomatoes, with juice
- 1 can (28 ounces) crushed tomatoes, with juice
- 2 cans (15.5 ounces) corn, drained and rinsed
- 1 can (15.5 ounces) black beans, drained and rinsed
- 2 tablespoons taco seasoning

Directions

1. Sauté onion and zucchini in oil until soft.
2. Add refried beans and stir to break up beans.
3. Add tomatoes, corn, black beans and taco seasoning.
4. Simmer over medium heat for about 30 minutes, stirring occasionally.
5. Refrigerate leftovers within 2 hours, or freeze for another meal.