

WIC HIGHLIGHTS

August 2024

Moving is Grooving

Physical activity should be part of our daily routine. Read below to learn why physical activity is important and how you can take the first steps to a healthier future.



Physical Activity Perks

Physical activity is proven to increase overall wellbeing for the heart, body and mind. Regular exercise helps:

- Maintain healthy weight and support mental health.
- Reduce risk of heart disease and type 2 diabetes.
- Strengthen bones and muscles.

How Much Do I Need?

- **Children ages 3-5:** most of the day should be spent in active play.
- **Children ages 5-17:** 1 hour of moderate-to-vigorous activity per day.
- **Adults 18+:** 150 minutes of moderate-to-vigorous activity 3-5 days per week.
- **Pregnant women:** 2 & 1/2 hours of moderate exercise per week.

Fuel With Food

Fuel your body for exercise with healthy foods rich in protein and whole grains. Try one of these quick snack options:

- Oatmeal
- Yogurt
- Hard-boiled egg
- Peanut butter toast

Scan for map of local trails & parks.



health.clintoncountyny.gov/try5challenge/

CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

Taco Salad



Ingredients

- 1 can of black beans, drained & rinsed*
- 1 lb. lean ground beef or turkey
- 1 head of iceberg lettuce, chopped*
- 1 packet low-sodium taco seasoning
- 1 cup Colby jack cheese, shredded*
- 1 tomato, diced*
- 4 whole wheat tortillas*
- 1 cup plain yogurt*
- 1 Tbsp. lemon juice
- 8 Tbsp. Catalina or French dressing

****WIC approved ingredients***

Instructions

1. Add ground meat and taco seasoning to a skillet and cook until browned. Let cool and place in fridge to chill.
2. Preheat oven to 375 degrees. Place an oven safe bowl on a baking sheet. Spray tortilla lightly with oil on both sides and place into bowl. Bake for 15 minutes and set aside. Repeat for other tortillas.
3. Mix yogurt and lemon juice, set aside.
4. In a large bowl, add all other ingredients and mix. Add salad mixture to prepared taco bowls. Top with a dollop of yogurt mixture. Serve immediately.