



May 7, 2021

A New Month... Get Moving

Only 25% of adults in the U.S. and 20% of high school students get the recommended amounts of physical activity. Not getting enough physical activity can put a person at risk for chronic diseases such as obesity, heart disease, diabetes, and some cancers. The low levels of physical activity are also associated with about \$115 billion in health care each year.

As we're approaching the warmer months, it's a perfect time to start incorporating more physical activity into your daily routine. Physical activity is important for all ages throughout each season. However, with the warmer temperatures, it's a perfect time to enjoy a morning-evening walk while taking in some fresh air, enjoying the beautiful colorful flowers.

If you are new to physical activity or are looking to increasing your steps, you will want to start slowly and increase steadily. Jumping in too fast can lead to an injury or burnout. Setting weekly goals and weekly physical activity schedules can help stay on a healthy journey. Ask a friend or family member to join in. Add some music to your physical activity; this helps gives a rhythm to keep the same pace. If one day you got off schedule, start fresh the next day, but don't give up.

Indoor physical activity is fine, too. If you can't join a gym, there are video workouts on social media; find the one that fits you best. You can also just walk around in the house, do pushups, situps, leg-lifts, walking up steps, yoga, planks, kickboxing, or dance. Make it your own, but make sure to get your heart rate up, get off the couch, and have fun.

<https://www.cdc.gov>



Physical Activity Recommendations by Age Groups

Preschool-Aged Children (3-5 years)

Physical Activity every day throughout the day. Active play through a variety of enjoyable physical activities.

Children and Adolescents (6-17 years)

60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily. As part of the 60 minutes, on at least 3 days a week, children and adolescents need:

Vigorous Activity= running

Strengthens muscles= Pushups

Strengthens muscles= Jumping rope

Adults (18-64 years)

At least 150 minutes a week of moderate-intensity activity such as brisk walking. At least 2 days a week of activities that strengthen muscles.

Older Adults (65 years and older)

At least 150 minutes a week of moderate-intensity activity such as brisk walking. At least 2 days a week of activities that strengthen muscles. Activities to improve balance such as standing on one foot.

(Aim for the recommended activity level but be as active as one is able).

<https://www.cdc.gov/>

Physical Activity



Interesting Facts for Mother's Day

- The holiday is not on the same day each year but is always the second Sunday of May.
- More phone calls are made on Mother's Day than any other day of the year. About 122 million phone calls are made on Mother's Day.
- Mother's Day is the third highest-selling holiday for flowers and plants. About 25% of the flowers purchased throughout the year are bought on Mother's Day.
- Mother's Day is the busiest day of the year for restaurants. According to the National Restaurant Association, in 2018 about 87 million adults made plans to go to a restaurant for Mother's Day.
- As of 2014, there were 43.5 million moms in the States.
- The moniker "Mom" comes from babies.
- One of the earliest Mother's Day celebrations was in Ancient Greece.
- The history of American Mother's Day starts with peacemaker Ann Jarvis. It started in 1868 as "Mother's Friendship Day."
- Ann's daughter Anna continued her legacy by creating the official holiday. The very first Mother's Day was celebrated in 1908.
- Woodrow Wilson signed Mother's Day into law in 1914.
- Anna Jarvis would later try to stop what Mother's Day became. The holiday quickly became a commercialized opportunity for producers to sell flowers, candies, and cards.
- In 2018, over \$23 billion was spent on Mother's Day. On average, shoppers spend \$180 on gifts for their mothers. A nationwide total of \$4.6 billion was spent on jewelry and \$4.4 billion on dinners or brunches.
- Carnations have a special meaning on Mother's Day. Anna Reeves Jarvis used the carnation on Mother's Day to symbolize whether your mother was living. A red carnation meant she was living and a white meant she had passed.



- Mother's Day is celebrated all over the world. It may be celebrated on different days or in different forms.
- 36% of Americans plan to buy their mom jewelry. Flowers still remain the most popular gift option, with about 69% of Americans opting for a floral present.
- Some countries still observe ancient festivals honoring mothers. In India, a festival is a ten-day event that takes place around September or October.
- Most United States women have their first child in their twenties. In 2017, the average age for a first-time mother in the United States was 26.8.
- The most popular gift for Mother's Day is a greeting card. There are approximately 152 million Mother's Day cards sent.
- Beauty salons and spas also get a Mother's Day boost. According to the National Retail Federation, this Mother's Day, people will spend \$2 billion on personal services (like spa treatments) for their mothers.
- Moms aren't the only ones getting Mother's Day love. The average American buys 2.8 Mother's Day cards. Many people opt to buy Mother's Day cards for grandmothers, sisters, and their mother-in-law.

Fruit Compote



Makes: 5 Servings

This compote has a thick and sweet sauce that is mixed with fruit for a delicious dessert.

Ingredients:

- 1 can pineapple chunks (8 ounces)
- 1 1/2 cups orange juice
- 1 tablespoon cornstarch
- 1 banana (medium, peeled, and sliced)
- 1 pear (sliced in cubes)
- 2 peaches (sliced in cubes)

Important Reminders:

COVID-19 info.: www.cdc.gov/coronavirus

Food Safety: www.foodsafety.gov

Kentucky Dept. of Fish & Wildlife: www.fw.ky.gov

For virtual races in your area, check out:

<https://runsignup.com>



Directions:

1. Drain the juice from the canned pineapple into a small saucepan.
2. Stir in orange juice and cornstarch. Blend until smooth.
3. Bring to a boil over medium heat, stirring constantly.
4. Let the juice mix cool to room temperature.
5. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes.
6. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.

Source:

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education
NetworkWebsite Recipes

For more information, contact:

Jessica Reed
Montgomery County
SNAP Ed Program Assistant
Jessica.Reed@kysu.edu
606-776-9097

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