

# MOVING MORE, EVERYDAY, EVERYWHERE



Getting fit!

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

Moving more everyday

## *The More You Do, the Better for You*

Physical activity is not an all or nothing thing. We usually think of spending hours in the gym or running a mile a day when we think of getting fit. Those are not the only ways to be active. You are in control of how much you do. This means you are in control of how great you will feel.

### WEEK ONE: Walk 15 minutes three days a week

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

### WEEK TWO: Walk 20 minutes three days a week

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

### WEEK THREE: Walk 25 minutes three days a week

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday



# CHICKEN QUESADILLAS

Makes 4 servings

Serving Size: 1 quesadilla

## Ingredients

- 1 cup chopped, cooked chicken
- 2 tablespoons chunky salsa
- 1/4 cup chopped white onion
- Non-stick cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup Monterey Jack/Colby Cheese, shredded (other cheeses are acceptable)
- 4 flour tortillas (10")

## Directions

1. Preheat electric skillet to 350° F.
2. Mix chicken, salsa, onions, and green chili peppers (optional).
3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese; fold over mixture and seal edges.
4. Place in skillet sprayed with non-stick cooking spray.
5. Brown on one side at medium heat for approximately 3-4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.

## Nutrition information Per Serving

250 calories  
Total Fat 10 g  
Saturated Fat 4.5 g  
Protein 16 g

Total Carbohydrate 23 g  
Dietary Fiber <1 g  
Sodium 480 mg



Excellent Source of Calcium



Good Source of Iron



## Eat Smart

# CHILD'S PLAY

Take part in your children's activities.

You can throw a Frisbee or a baseball, or play one-on-one basketball. Whatever they choose to do—join in! What day this week will you join your children in active play?



## Move More