



Sneak in a Break!!

"Sneak in a Break" as a Family!

Coming together as a family can be a fun way to take breaks and have family time.

Here are some healthy break ideas:

- Go sledding & prepare a healthy snack to enjoy as a family afterwards
- Groove to the music of your favourite song
- "Minute to Win It" games are a fun way to pack an active break into a small time frame. Check out game ideas at:
<http://www.nbc.com/minute-to-win-it/how-to/>
- Get out and explore your neighborhood on foot – make fun new pathways to the park and play in the snow along the way
- Make a watermelon and fruit pizza!



Did you know?

In today's working world, there are millions of grown ups and children sitting at work for most of the day, often at desks or "locked on" to their computers.

Taking "active breaks" during the day is easy to do, and it's good for you!

With a little planning and motivation, you can make active breaks work for you. An active break can be as simple as taking a ten-minute walk outside after dinner. Or, it could involve regular exercise, such as visits to Mac Island.

The Canadian Physical Activity Guidelines recommend that adults should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. How do you plan on sneaking in a physical activity break into your day?

After all, we were born to work, play and move!

Source:
<http://www.healthyalberta.com>

Recipe of the Month

All Kinds O'Meatballs

Ingredients:

- 1 lb Extra lean ground beef
- 1 Egg, lightly beaten
- 1/2 cup Dry whole wheat bread crumbs
- 1/3 cup Finely grated carrot AND shredded onion
- 1 tbsp Worcestershire sauce
- 1/2 tsp Pepper

Instructions:

1. Lightly combine all ingredients; form into about 28 1-inch (2.5 cm) balls
2. Bake on lightly oiled foil-lined baking tray in 400F (200C) oven for 15 minutes, until thermometer inserted into centre of several meatballs reads 160F (71C).

Variations: Try adding the following to the basic recipe:

Italian: 2 tbsp low sodium pizza sauce and 1 tsp dried oregano. Serve with extra pizza sauce or spaghetti sauce.

Asian: 2 tbsp hoisin sauce and 1/2 tsp ground ginger. Serve with peanut sauce or sweet and sour sauce.

Mexican: 1 tbsp chili powder and 2 garlic cloves (minced). Serve with salsa.

For this and more healthy recipes, visit:

<http://www.healthyalberta.com/recipes.html>



Alberta Project Promoting
active Living & healthy Eating

Why not sneak in a cooking break and try something new for dinner tonight?