



# Nourish

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## Move Your Way in May

The weather is getting warmer, so you may be inclined to get more physical activity and enjoy the greenery and flowers outdoors. Moderate physical activity strengthens your bones and muscles and reduces your risk for diabetes, heart disease and cancer. May has been National Physical Fitness and Sports Month since 1983.

Can you think of four more reasons to get more physical activity? Regular physical activity can help boost your mood, sharpen your mental focus, reduce stress and improve your sleep.

### How much moderate physical activity do adults need to reach their goals?

Any amount of physical activity can have near-immediate health benefits. Aim to move more and sit less.

Adults should strive for at least 150 minutes of physical activity every week, or about 30 minutes on most days of the week. That can include walking, gardening, mowing with a push mower, riding bike, swimming, playing sports such as pickleball and tennis or any activities that get you moving. Adults should also do muscle-strengthening activities twice a week, such as push-ups or lifting weights.



### How can I safely add physical activity to my life?

Reduce the risk of injuries and other adverse events with these recommendations from the most recent physical activity guidelines:

- Choose types of physical activity appropriate for your current fitness level and health goals.
- Increase physical activity gradually over time to meet health goals. Inactive people should “start low and go slow” by starting with lower intensity activities and gradually increasing how often and how long activities are done. Start with a five-minute walk.
- Understand the risks, but be confident that physical activity can be safe for almost everyone.
- Protect yourself by using appropriate gear and sports equipment, choosing safe environments, following rules and policies and making sensible choices about when, where and how to be active.
- Be under the care of a health care provider if you have chronic conditions or symptoms.

Set a fitness goal in May: \_\_\_\_\_

See [www.cdc.gov/physical-activity-basics/guidelines](http://www.cdc.gov/physical-activity-basics/guidelines) to learn more.

Source: Recommendations were adapted from U.S. Department of Health and Human Sciences Physical Activity Guidelines for Americans.

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EXTENSION

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# Question

## I like to spend a lot of time outdoors in the warm weather. Does my fair skin put me more at risk for skin cancer?

People with skin of any color can be at risk for skin cancer, but those with lighter-colored skin, especially those who burn more readily, seem to be at a greater risk. May is Melanoma Awareness Month, so protecting our skin should be a priority this month and all year. Check over any moles or spots on your skin. Tell your health care provider if you see any suspicious spots on your skin, and remember the ABCDEs of skin cancer:

**A = Asymmetry.** This means one side is not like the other.

**B = Border.** Look for an irregular border.

**C = Color.** Does the spot have varying colors? Skin cancer may be brown, black or have areas of blue, white or red.

**D = Diameter.** Most melanomas are about the size of a pencil eraser when diagnosed but can be even smaller.

**E = Evolving.** Is the spot changing in color, shape or size?

Protect your skin with these tips:

- Seek shade during the peak ultraviolet (UV) radiation hours of 10 a.m. through 4 p.m.
- Apply sunscreen when you are exposed to the sun. This includes being under shade, next to windows or in a vehicle.
- Wear long-sleeved shirts and long pants for sun protection when outside. Wear dark clothing with tightly woven fabric for the best protection.
- Wear a hat with a wide brim to protect your face, neck and ears from sun rays. Wear dark hats with tightly woven fabric for the best protection. If wearing a baseball cap, ensure your ears and neck are protected by following the other recommendations.
- Wear sunglasses that protect your eyes from UV-A and UV-B rays, which are linked to vision loss, impaired vision and skin cancer on eyelids. For extra protection, wear wraparound sunglasses that block UV rays from reaching the side of your face.
- As the weather warms, stay hydrated and nourished with this interesting take on a warm-weather favorite. This recipe provides calcium and protein from the yogurt and vitamins, minerals and disease-fighting phytochemicals from the vegetables and fruits.



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## Smoothie Bowls

- ½ cup spinach
- ½ cup vanilla Greek yogurt
- 1½ cups frozen fruit
- 2 tablespoons toppings (fresh fruit, granola, coconut, chia seeds, etc.)

Add spinach, yogurt and fruit to a blender or food processor. Blend until smooth. Pour smoothie in a bowl and top with desired toppings.

Makes two servings. Each serving has 110 calories, 2.5 grams (g) fat, 7 g protein, 19 g carbohydrate, 5 g fiber and 40 milligrams sodium.

Here's a delicious eye-healthy recipe that you can personalize with your favorite leafy greens.