



# Growing Up Healthy & Active

## January

### Winter Exercise Tips

- Heat loss is the biggest concern when exercising in cold temperatures. Two factors that affect heat loss are insulation (body fat plus clothing) and environment (temperature plus wind). Both are important in helping the body maintain a comfortable temperature during exercise.
- Check the temperature and wind conditions before you go out. Data from the National Safety Council suggest little danger to individuals with properly clothed skin exposed at 20° F, even with a 30 mph wind.
- Keep your head, hands, and feet warm. One study found that heat loss from the head alone was about 50 percent at the freezing mark. Cold temperatures cause blood to be shunted away from the hands and feet to the center of the body to protect internal organs. Superficial warming of the hands (i.e. hand warmers) will return blood flow to prevent tissue damage. Blood flow will not return to the feet unless the body torso temperature is normal or slightly higher. To keep your feet warm you must also keep the rest of your body warm.
- Choose clothing that breathes. Clothing can trap air so that heat cannot be conducted away from the body, thus reducing temperature loss. Unlike air, water is a rapid conductor of heat. Even in the coldest temperatures, people will sweat and risk significant heat

loss through their sweat. Thus, the best clothing traps air but also allows sweat to pass through.

- Wearing clothing in layers makes it easier to adjust the amount of insulation that is needed. Choose clothing that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials).

### Eat a Rainbow

Colorful fruits and vegetables may help fight many chronic diseases and help children choose fewer calories. Over the course of a few days try to eat from every color category and help your children **grow up fit and healthy**.

**Red**—tomatoes, pink grapefruit, watermelon, strawberries, cherries, peppers, apples, raspberries, grapes

**Yellow and Orange**—pineapple, corn, squash, peppers, mango, apricots, peaches, pumpkin, sweet potato, tangerines, oranges

**Green**—spinach, romaine lettuce, broccoli, and cabbage, peppers, asparagus, grapes, kiwi, green beans

**Blue and Purple**—blueberries, grapes, blackberries, plums

### Just Do It—Get Active

- Continue with the aerobic videos on your TV set.
- Walk around shopping malls.
- Go swimming with the family at an indoor pool site.
- Challenge another family to a basketball or volleyball game.

### Recipe of the Month: Applesauce Cookies

$\frac{3}{4}$  cup sugar  
2 tablespoons margarine  
1 egg  
2 tablespoons milk  
 $\frac{1}{4}$  cup applesauce  
 $\frac{3}{4}$  cup flour  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon ground nutmeg  
 $1\frac{1}{4}$  cup quick oats  
 $\frac{1}{2}$  cup raisins

Preheat oven to 350°F. With electric mixer on medium, cream sugar and margarine until smooth. Add egg and mix for 1 minute. Slowly add milk and applesauce; mix for 1 minute. In separate bowl combine flour, cinnamon, baking soda, salt, and nutmeg. Add to creamed mixture and mix for 2 minutes. Add oats and raisins and blend for  $\frac{1}{2}$  minute. Scrape bowl sides. Place rounded teaspoonfuls of dough on greased cookie sheets. Bake for 10 to 13 minutes. Cool on wire rack.

### For More Information

Visit these ISU Extension Web sites:

*Nutrition*—<http://www.extension.iastate.edu/nutrition/>

*Answerline*—<http://www.extension.iastate.edu/answerline>

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