

MOVING MORE, EVERYDAY, EVERYWHERE



The More You Do, the Better for You



Getting fit!

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

Moving more everyday

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 Carbohydrate	23 g
Total Fat	10 g	Dietary Fiber	<1 g
Saturated Fat	4.5 g	Sodium	480 mg
Protein	16 g		



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

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Hair Care Tips for African-American Women

Adapted from the Sisters Together Move More Eat Better Program.

FEELING FIT AND LOOKING FINE

Regular exercise improves your health and helps you feel good about yourself. Some women say that concern for their hairstyle can get in the way of exercise. Having neat and stylish hair has always been part of our culture. This handout offers tips to make hair care easier for active women.

Engaging in physical activity may mean extra time and care for your hair. Here are some tips to follow before, during, and after exercise to keep your hair looking fine.

HEALTHY & STYLISH HAIR

Working out makes you feel good and is good for you. You want neat and stylish hair because it shows a positive self-attitude and makes you feel good about the way you look. Are you afraid to exercise until you sweat because you worry about your hair? Some women report that hair concerns keep them from exercising. You can be fit and keep a beautiful hairstyle too by protecting your hair and then keeping it healthy. You can prevent sweat damage to your hair during exercise by controlling moisture and salt buildup. Salty buildup causes your hair to break, shed, become dull, or become dry.

Care Tips

- Wash your hair with a mild, pH-balanced shampoo at least once each week to remove salt buildup.
- Condition your hair every week with a moisturizing protein conditioner. A good conditioner disappears when you rub your hands together.
- Avoid over-processing! Limit your use of blow dryers and curling irons.

Remember: if you have a scalp problem, you may want to check with a dermatologist.

Suggestions

- Pull your hair away from your face and neck when you exercise.
- Leave part of your hair unwrapped to breathe.
- Get regular precision cuts or trims to maintain style shape.
- Talk to your hairdresser to help choose the right hair care products.
- Apply a natural oil to your scalp as needed.

If your hair is relaxed, you should use hair dressing that lists oil as the first ingredient. If your hair is natural, the first ingredient listed should be water. If alcohol is the first ingredient, the hair dressing may dry out your hair.



SO MANY HAIRSTYLES...

Good hair is healthy hair that is natural, relaxed or braided. We all need to consider cost and to think about how long a style will last. Your hairdresser can make style and hair care recommendations to fit your budget and your active lifestyle. Check out black hair and fashion magazines and discuss ideas with your hairdresser. Look for hair and styling tips suited to your hair type.

When you choose a hairstyle for your active life, consider:

- Natural hairstyles hold up to frequent shampoos.
 - Short hair is easy to wash and wear.
 - Short hair can be dried and styled quickly or slicked back with gel.
 - Locks are easy to care for.
 - Long hair can be pulled back for a new look.
 - Blunt cuts or Bobs look great wrapped or curled and can stay styled after workouts.
- Styles:** • Crops • Locks • Nubian knots • Twists
- Braids, twists, and locks also stay in place while you work out.
 - Cornrow braid styles cost less and take less time to maintain than micro-braids.
 - Scarves, ties or other hair accessories can be used to change a look.
 - Healthy hair can be natural, relaxed or braided. Look for care tips that suit your hair style.

NATURAL HAIR

Natural hair is strong, healthy and beautiful. It can be styled to flatter your face, your hair texture, and your daily routine.

Care Tips

- Condition your hair every week with a moisturizing conditioner or hot oil treatment.
- Treat your hair and scalp with a light conditioning oil every day.
- Protect your hair when you swim by wearing a cap. If you do not use a cap be sure to shampoo or use a cream rinse after every swim session.
- If you choose a close cropped style, be sure to trim your hair every 4 to 6 weeks.

Suggestions

To flatten the edges of your hairline, rub a cream or gel into your hands and smooth your hairline. Tie with a cotton scarf for at least 15 minutes. After you remove the scarf, your hairline will be smooth.

RELAXED HAIR

Relaxed hair is easy to manage and can be styled in many ways. Chemical relaxers make your hair fragile so you need to give it good extra care.

Styles: • Blunt cuts • Bobs (*wrapped or curled*) • French twists • Ponytails • Wet sets

Suggestions

- Use a wide-toothed comb to style your hair.
- Trim your hair every 6 to 8 weeks to keep your hairstyle shaped.

Care Tips

- Your hair grows faster in warm weather. You'll need to touch up roots more often during warm months than during cold months.
- Moisturize your scalp twice a week with light hair oil.
- When you swim, protect your hair from chlorine damage by applying an oil-based hairdress or olive oil to your hair before you get into the pool.
- When you reshape your hairstyle after a workout, dry set your hair with rollers.
- Apply a leave-in conditioner to the ends and use end papers.

BRAIDS AND WEAVES AND MORE...

Braids and weaves look great, and give you many styling and color options.

Care Tips for Braids

- Don't let your hair be pulled too tight during braiding. This can result in hair loss.
- When you have braids, shampoo less often than with other styles. Frequent shampooing may lead to frizzing and loosening.
- Moisturize your scalp daily.
- Cover your hair with a silk-like scarf or bonnet when you sleep.
- Never use cholesterol-based conditioners.
- Avoid human hair extensions if you swim frequently.

Care Tips for Weaves

- Treat your weave like your own hair.
- Comb and style your weave daily.
- Avoid using gels.
- Avoid weaves with glue and adhesives.

Suggestions

After a work out, you can swab your braid parts with an antiseptic and apply braid spray. When you have more time, use a mild shampoo and apply a leave-in conditioner.