



## Better Living for Texans Newsletter

January 2019

### Creating a Family Fit Lifestyle

January is Family Fit Lifestyle Month which makes it a great time for the whole family to create healthy lifestyle habits. Physical activity is important for children and adults of all ages.

Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. The U.S. Department of Agriculture's (USDA) Choose MyPlate offers these tips to add physical activity to you and your family's busy schedule.

#### Set Specific Activity Times

Determine time slots throughout the week when the whole family is available. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

*"Walking is the  
best possible  
exercise..."*

*Thomas Jefferson*

#### Include Work Around the House

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.

#### Turn Off the TV

Set a rule that no one can spend longer than two hours per day playing video games, watching TV, and using the computer.

#### Start Small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.

#### Use What is Available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

#### Plan Ahead and Track Your Progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

#### Plan for All Weather Conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games.



Source: Choose MyPlate, *10 Tips: Be an Active Family*;  
<https://www.choosemyplate.gov/ten-tips-be-an-active-family>

Photos Source: <https://unsplash.com/>

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.  
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### Recipe of the Month

Recipe Source: Texas A&M AgriLife Extension Service's Dinner Tonight

<https://dinnertonight.tamu.edu/recipe/beef-and-rice/>

#### One Pan Tex Mex Beef and Rice (6 servings)

This easy, one pot beef and rice dish is great for groups and as a filling for tacos or by itself! It serves six and requires only five ingredients!

##### Ingredients

- 1 pound lean ground beef
- 1 15-ounce can of black beans
- 1 cup cooked rice
- 1 cup chunky salsa
- ½ cup fat-free cheddar cheese, shredded

##### Directions

1. In a large skillet, brown ground beef; drain off fat.
2. Add beans, cooked rice, and salsa; heat through. Add cheese and stir until just melted.



For a complete meal add a side salad and cup of fruit.

**Nutrients Per Serving:** 230 calories, 5 g total fat, 2 g saturated fat, 24 g protein, 22 g carbohydrates, 6 g dietary fiber, 2 g total sugars, and 550 mg sodium

**Total Cost:** \$\$\$\$

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