West Virginia Bureau of Senior Services

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Food and Fitness

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Stay Active, Stay Healthy!



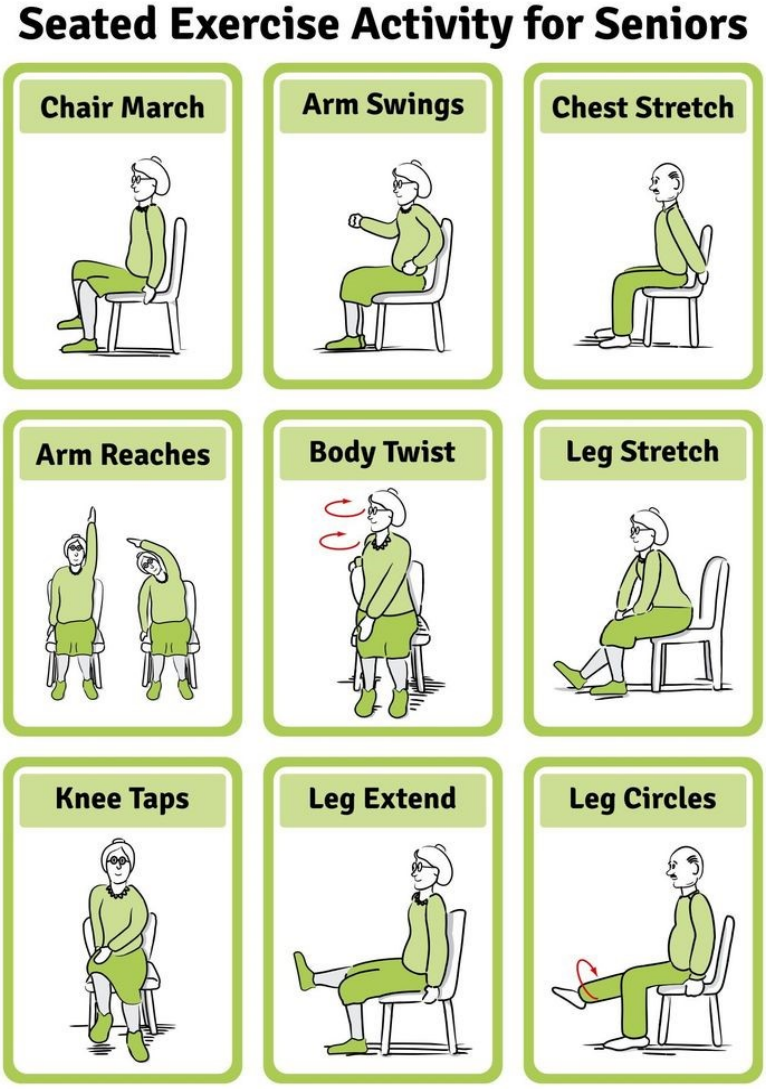
As the winter chill sets in, staying active might seem challenging, but don't worry – here are some tips to keep you moving and feeling great without needing fancy equipment or lots of help.

Winter can make us want to curl up and stay inside, but moving your body is super important. Regular exercise helps you: keep your muscles strong, improve your balance, boost your mood, stay warm and flexible, and help keep seasonal depression at bay.



Remember to stretch before you get started to help prevent injury and help with flexibility. Some examples include neck rolls, shoulder shrugs, arm stretches, ankle rotations, or gentle back twists. Please listen to your body!

Stay Active, Stay Healthy!



Sitting doesn't mean you can't exercise! Try these easy moves.

Chair Exercises

- Leg lifts while seated
- Arm circles
- Ankle rotations
- Gentle twists to improve flexibility

Living Room Workouts

- Hold onto a sturdy chair and do slow leg lifts
- Walk in place during TV commercials
- Stand up and sit down slowly to build leg strength
- Stretch your arms over-head while watching your favorite shows

Other ideas could include: walking in place and counting your steps, dancing to your favorite music, and climbing stairs

Always remember to stay safe by staying hydrated, having something near-by to hold onto, moving slowly and carefully at first, stopping if something hurts, wearing proper shoes.
Getting involved with others can make exercising more enjoyable as well. You could visit your local senior center, community health clinics, local parks and recreation centers.

Don’t forget to set realistic goals by starting small, listening to your body, and most importantly HAVE FUN.

MOVE YOUR WAY®

What types of physical activity do older adults need to stay healthy?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least **150** minutes a week

Muscle-strengthening activity

Activities that make your muscles work harder than usual count.

at least **2** days a week

Mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.

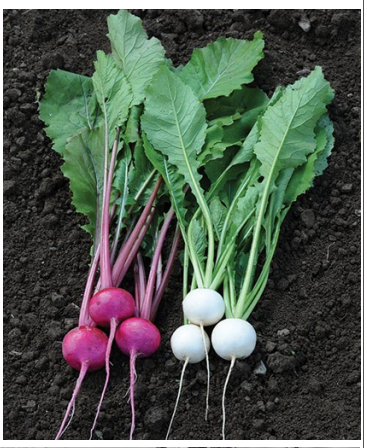


Try activities that count as more than 1 activity type, like dancing, sports, or tai chi.

If that's more than you can do right now, **start slow and do what you can** — even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA







Vegetable—Turnip Greens

Turnip greens are the edible leaves of the turnip plant (Brassica rapa), a vibrant and nutrient-dense leafy vegetable that has been cultivated for centuries. These dark green leaves, often overshadowed by the more familiar turnip root, are actually a nutritional powerhouse that offers an impressive array of health benefits.

Belonging to the Brassicaceae family, which includes other nutritious cruciferous vegetables like kale, broccoli, and cabbage, turnip greens are typically grown in cooler climates. Originally cultivated in Europe and parts of Asia, these greens have become a staple in Southern United States cuisine, particularly in soul food and traditional Southern cooking. The plant thrives in well-drained, fertile soil and is typically planted in early spring or late summer for optimal growth.

Turnip greens are loaded with Vitamin K and also have Vitamin A, C, E, and Folate. Minerals include calcium, iron, magnesium, potassium, and manganese.

WHAT IS THIS FOOD MADE OF?



94.2%	Water	134.2g
1.2%	Protein	1.6g
4.4%	Carbs	6.3g
0.2%	Fat	0.33g
0%	Alcohol	0g

WHERE DO THE CALORIES COME FROM?



21%	Protein
71%	Carbs
8%	Fat
0%	Alcohol

Minerals

	-- = missing data	%DV
Weight	144g	
Calcium	197.3mg	15%
Iron, Fe	1.2mg	6%
Potassium, K	292.3mg	6%
Magnesium	31.7mg	8%
Phosphorus, P	41.8mg	3%
Sodium	41.8mg	2%
Zinc, Zn	0.2mg	2%
Copper, Cu	0.36mg	40%
Manganese	0.49mg	21%
Selenium, Se	1.3mcg	2%

Nutrition Facts

Cooked Turnip Greens (Boiled, Drained)

Turnip greens, cooked, boiled, drained, without salt

Serving Size:

1 × 1 cup, chopped (144g)



Nutrition Facts

Serving Size
1 cup, chopped (144g)

Calories 29

	% Daily Value *
Total Fat 0.33g	**0%**
Saturated Fat 0.08g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 41.8mg	**2%**
Total Carbohydrate 6.3g	**2%**
Dietary Fiber 5g	**18%**
Total Sugars 0.76g	**2%**
Includes --g Added Sugars	**--%**
Protein 1.6g	**3%**
Vitamin C 39.5mg	44%
Vitamin D 0mcg	0%
Iron 1.2mg	6%
Calcium 197.3mg	15%
Potassium 292.3mg	6%
Phosphorus 41.8mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

	-- = missing data	%DV
Weight	144g	
Vitamin A, RAE	548.6mcg	61%
Vitamin C	39.5mg	44%
Thiamin (B1)	0.06mg	5%
Riboflavin (B2)	0.1mg	8%
Niacin (B3)	0.59mg	4%
Vitamin B5 (PA)	0.39mg	8%
Vitamin B6	0.26mg	15%
Biotin	--mcg	
Folate (B9)	169.9mcg	42%
Folic acid	0mcg	0%
Food Folate	169.9mcg	42%
Folate DFE	169.9mcg	42%
Choline	0.43mg	0%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	6588mcg	61%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	10980IU	
Lycopene	0mcg	
Lut + Zeaxanthin	12153.6mcg	
Vitamin E	2.7mg	18%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	529.3mcg	441%

Recipe—Wild Rice Chicken and Turnip Soup



Ingredients

- 1 Tbsp olive oil
- 2 Tbsp butter
- 2 boneless, skinless chicken breasts, chopped 1" chunks
- 1½ Tbsp McCormick Montreal Chicken Seasoning (or other)
- 1 yellow onion, diced
- 3 carrots, diced
- 3 stalks celery, diced
- 2 Tbsp minced garlic
- 1 tsp dried Thyme
- 32 oz. Chicken Stock
- 1 tsp Better Than Bouillon Base (or other GF)
- 2 cups chopped turnip greens with diced turnips (frozen)
- 2 cups cooked Wild Rice
- Sea Salt and Fresh black pepper to taste
- Finely shredded Parmesan for serving

Recipe Received From: *Wild Rice Chicken and Turnip Soup – Food, Gluten Free, Recipes, Photos Gluten Free Spinner*

Instructions

1. In a large Dutch oven heat the olive oil and butter until butter is bubbling.
2. Add the onion, carrots, and celery and sauté about 3-4 minutes. Add the garlic and Thyme and cook 1 minute.
3. Sprinkle the chicken seasoning over the chicken chunks and toss to coat. Add chicken to the pan and cook with the vegetables, sauteing until chicken becomes white, about 4-5 minutes.
4. Add the chicken stock and bouillon and stir into the chicken and veggies.
5. Cover and cook on low 15 minutes.
6. Add the frozen turnip and greens and the wild rice. Cook uncovered on medium low for about 8 minutes.
7. Taste for seasoning adding sea salt and pepper as needed.
8. Serve with finely shredded Parmesan.

Brain Exercise

Don't Just Exercise your body, workout your brain!



Winter

Word Scramble

Can you figure out the winter vocabulary words by unscrambling the letters? Watch out! Some of the scrambled terms are made up of two words.

CPRDEPAILE _____

AANHKKHU _____

IILECC _____

HLGSIE _____

TSNMITE _____

WDYAONS _____ _____

ARBEIEDGRNG _____

SGTNKEIACI _____ _____

OGANBOTG _____

INETWR _____

EHTCOLOAC _____

KIGNSI _____

SRADOOWBN _____

NCEPOEIN _____

AINERDG _____

SMSAICTHR _____

SLOLABNW _____

SWANNOM _____

ANLSNWEGO _____ _____

TESEARW _____

AWOFNKLES _____

OYHIALD _____

FPLERIEAC _____

DLSE _____

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January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day	2 World Introvert Day	3 Festival of Sleep Day	4 National Spaghetti Day
5 National Whipped Cream Day	6 Bean Day	7 Old Rock Day	8 National Take the Stairs Day	9 Play God Day	10 Bittersweet Chocolate Day	11 Learn Your Name in Morse Code Day
12 National Hot Tea Day	13 National Rubber Duckie Day	14 Dress Up Your Pet Day	15 National Bagel Day	16 National Nothing Day	17 Kid Inventors Day	18 Thesaurus Day
19 National Popcorn Day	20 National Cheese Lovers Day	21 National Hugging Day	22 National Blonde Brownie Day	23 National Pie Day	24 Compliment Day	25 National Seed Swap Day
26 Spouse's Day	27 Chocolate Cake Day	28 Fun at Work Day	29 National Puzzle Day	30 National Insane Answering Message Day	31 Backward Day	

MONTHLY OBSERVATIONS

- National Bath Safety Month
- National Blood Donor Month
- Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month

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Winter Word Scramble

SOLUTION

CPRDEPAILE	APPLE CIDER	SRADOOWBN	SNOWBOARD
AANHKKHU	HANUKKAH	NCEPOEIN	PINECONE
IILECC	ICICLE	AINERDG	READING
HLGSIE	SLEIGH	SMSAICTHR	CHRISTMAS
TSNMITE	MITTENS	SLOLABNW	SNOWBALL
WDYAONS	SNOW DAY	SWANNOM	SNOWMAN
ARBEIEDGRNG	GINGERBREAD	ANLSNWEGO	SNOW ANGEL
SGTNKEIACI	ICE SKATING	TESEARW	SWEATER
OGANBOTG	TOBOGGAN	AWOFNKLES	SNOWFLAKE
INETWR	WINTER	OYHIALD	HOLIDAY
EHTCOLOAC	CHOCOLATE	FPLERIEAC	FIREPLACE
KIGNSI	SKIING	DLSE	SLED

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.