

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!

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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 overhead 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 nearby 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.

Seated Exercise Activity for Seniors

Chair March



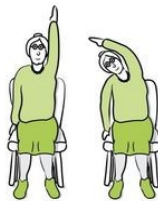
Arm Swings



Chest Stretch



Arm Reaches



Body Twist



Leg Stretch



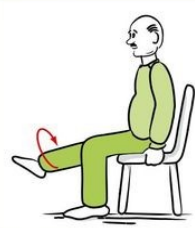
Knee Taps



Leg Extend



Leg Circles





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



Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



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?**





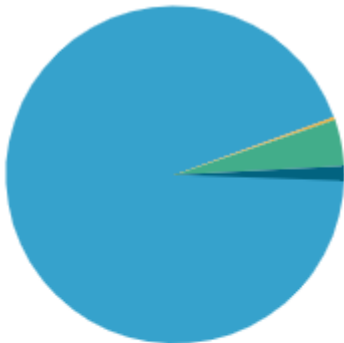
Vegetable—Turnip Greens

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 x 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, sautéing 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



January 2025

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

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

AANHKKHU

HANUKKAH

IILECC

ICICLE

HLGSIE

SLEIGH

TSNMITE

MITTENS

WDYAONS

SNOW DAY

ARBEIEDGRNG

GINGERBREAD

SGTNKEIACI

ICE SKATING

OGANBOTG

TOBOGGAN

INETWR

WINTER

EHTCOLOAC

CHOCOLATE

KIGNSI

SKIING

SRADOOWBN

SNOWBOARD

NCEPOEIN

PINECONE

AINERDG

READING

SMSAICTHR

CHRISTMAS

SLOLABNW

SNOWBALL

SWANNOM

SNOWMAN

ANLSNWEGO

SNOW ANGEL

TESEARW

SWEATER

AWOFNKLES

SNOWFLAKE

OYHIALD

HOLIDAY

FPLERIEAC

FIREPLACE

DLSE

SLED

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