

Choose, Plan and Do— Daily Physical Activity Planner



CHOOSE a favorite moderate-intensity activity

Outdoor Activities
at Home

Outdoor Activities
Away from Home

Indoor Activities

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Adults need at least 150 minutes a week of moderate-intensity physical activity spread throughout the week. Adults should include muscle-strengthening activities that involve all major muscle groups two or more days a week. Children and adolescents need 60 minutes every day. Encourage a variety of moderate to vigorous activities including aerobic, muscle-strengthening and bone-strengthening for overall health.

PLAN: What is your goal? _____ What is your goal for your children? _____

What I did	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ex: Walking	30 minutes		30 minutes		30 minutes		
Dancing		20 minutes		20 minutes			
Stretching	10 minutes		10 minutes		10 minutes		
Stretch band routine		10 minutes		10 minutes			
Play kickball with children						30 minutes	
Take a family walk							30 minutes

DO: Check to see if you met your goal for the week.



Bran Muffins

Makes 12 servings | Serving Size: 1 muffin

 **Hints:** You can choose a bran cereal with dried fruit for this recipe.

If you do not have buttermilk you can use dry buttermilk. Mix with water and use like regular buttermilk. Or substitute buttermilk by adding 1 tablespoon vinegar to 1 cup milk. Set mixture aside until ready to use.

Filling muffin pans is easier when you use a 1/4 cup dry measuring cup for regular muffins or a tablespoon measuring spoon for the mini-muffins.

Do not overfill the mini muffin pans as it will be difficult to remove muffins.

Ingredients

- 1½ cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup sugar
- 2 cups bran cereal
- 1/4 cup raisins (optional)
- 1 egg
- 1 cup buttermilk
- 3 tablespoons canola oil

Directions

1. Put the flour in a mixing bowl.
2. Add salt, baking soda, and sugar. Mix well.
3. Stir in the bran cereal. Add raisins (optional). Mix well.
4. Make a well in the center of the dry mixture and set aside.
5. In another bowl, beat the eggs, buttermilk, and oil together.
6. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist.
7. Can be covered and stored up to 4 days.

To Bake

1. Preheat oven to 425°F. Spray or grease the bottoms of a muffin tin or use paper liners.
2. Fill the tins about 2/3 full.
3. Bake for 15 to 20 minutes, or until golden brown.

Nutrition information Per Serving

230 calories		Total Carbohydrate	39 g
Total Fat	6 g	Dietary Fiber	2 g
Saturated Fat	1 g	Sodium	240 mg
Protein	5 g		



Excellent source of iron



Good source of calcium

Analyzed with raisins