

LET'S MOVE

Health benefits of exercise

Keeping active can aid in maintaining excellent health. Consistent physical activity has several positive effects, including elevating mood, improving concentration, reducing stress, and enhancing the quality of sleep.

What types of activities are recommended, and how much of each?

We require both moderate-intensity aerobic exercise and muscle-strengthening activity. Moderate-intensity aerobic activity is defined as anything that causes your heart to beat faster and is suggested for at least 150 minutes per week. Muscle-strengthening activity is described as doing activities that require your muscles to work harder than usual and is recommended at least twice a week.

Alternatively, enjoy the same benefits for half the time. Do your best to get 75 minutes of vigorous-intensity aerobic activity every week.

What other activities can be considered exercise?

Do what makes you move! Any kind of movement, whether it is a brisk walk to work or a chore (like gardening or cleaning), counts as exercise.

In summary, regular exercise has long-term health benefits, such as lowering the chance of developing type 2 diabetes and some cancers, keeping good blood pressure control, and maintaining a healthy body weight.

Bonus tips: Find out if it is a moderate or vigorous exercise by using the "talk test." When you are breathing heavily yet still manage to carry on a normal conversation, it is considered moderate-intensity exercise. On the other hand, if you find yourself having to pause and catch your breath frequently, it is vigorous-intensity exercise.

一起动起来

运动对健康的益处

经常运动有助于保持身体健康。坚持体育锻炼有多种积极作用，包括提神醒脑、提高注意力、减轻压力和提高睡眠质量。

建议进行哪些类型的活动，以及每种活动的量是多少？

我们需要中等强度的有氧运动和肌肉强化活动。中等强度的有氧运动是指任何能使心跳加快的运动，建议每周至少进行 150 分钟。肌肉强化活动是指需要您的肌肉更加用力地锻炼的运动，建议每周至少进行两次。

或者，只需一半的时间就能享受同样的好处。每周尽量进行 75 分钟强度较大的有氧运动。

还有哪些活动可以被视为运动？

这包括一切让你动起来的事！任何形式的运动，无论是上班时的快步走，还是做家务（如园艺或清洁），都可以算作运动。

总的来说，经常锻炼对健康有长远的好处，如降低患 2 型糖尿病和某些癌症的几率，保持良好的血压，维持健康的体重。

额外小窍门：可通过 "谈话测试" 来确定运动是属于中等或是剧烈运动。当您喘着粗气，但仍能进行正常交谈时，就属于中等强度运动。另一方面，如果您发现自己不得不经常停下来喘气，这就是剧烈运动。

References/参考资料:

1. Department of Health and Human Services. What is your move? https://health.gov/themes/custom/healthgov/src/microsite/myw_microsite/pdf/PAG_MYW_Adult_FS.pdf. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Rosemary

蔬菜聚光灯: 迷迭香



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ROSEMARY CASTLE POTATOES (Serves 4) 迷迭香土豆 (4 人份)



INGREDIENTS

- 1 1/3 pounds Potatoes (approximately 24 small potatoes)
- 1/8 cup Olive Oil
- 2/3 tablespoon Fresh Rosemary, chopped
- 1/3 teaspoon Salt

配料

- 1 1/3 磅土豆 (约 24 个小土豆)
- 1/8 杯橄榄油
- 2/3 汤匙新鲜迷迭香, 切碎
- 1/3 茶匙盐

DIRECTIONS

1. Preheat oven or toaster oven to 425°F.
2. Cut potatoes in half and place in a large bowl. Pour olive oil over potatoes and coat potatoes.
3. Transfer potatoes to a baking sheet in a single layer.
4. Crush rosemary with back of a spoon. Sprinkle salt and rosemary over potatoes and stir to mix.
5. Bake for 35 to 45 minutes, or until potatoes are brown on the outside and tender inside.

步骤

1. 烤箱或烤面包机预热至 425°F。
2. 将土豆对半切开, 放入大碗中。将橄榄油倒在土豆, 涂满土豆。
3. 将土豆放在烤盘上, 铺成一层。
4. 用勺子背面压碎迷迭香。在土豆上撒上盐和迷迭香, 搅拌均匀。
5. 烤 35 至 45 分钟, 直至土豆外焦里嫩。



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