



# Oliver's team talk

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## Teach! TEACHERS CORNER

**Want to join the NFL?** No, not your favorite football team.

You can join an NFL program called Fuel up to Play 60.

Everyone – kids, teens and adults - needs at least 60 minutes of physical activity a day. Don't worry if you can't find a free hour. You can accumulate the 60 minutes throughout your day. You can do as little as 10 minutes of activity several times a day and have the same health benefits. If you aren't active right now, you can build up to 60 minutes.

At the [Fuel Up to Play 60 website](#), sign up as a school team and track each student's daily activity. Not only will you be practicing a healthy

## Excite! READY, SET, GO!

### Why Bother?

Staying physically active gives you lifelong benefits:

- Lowers the risk of:

Heart Disease  
Stroke  
Type 2 Diabetes  
High blood pressure  
Colon and Breast Cancer

- Reduced depression
- Help you maintain or achieve a healthy weight
- Might help you learn
- Helps you look and feel your best

## Activate! MAKE YOUR MOVE

### What counts as Physical Activity?

Physical Activity is any body movement by the muscles that results in using energy.

You have to exert yourself. A leisurely walk with your family is fun, but you aren't using much energy. But, if you take that same walk and step a little faster and swing your arms while walking you are using more energy.

You can also try:

Playing tag	Jumping rope
Bicycle riding	Running
Tree climbing	Swimming

## Motivate! SPREAD THE WORD

### Fuel Up with a Healthy Snack

#### Ingredients

- 1 cup canned chickpeas, drained, liquid reserved
- ¾ teaspoons kosher salt
- 3 tablespoons freshly squeezed lemon juice (approximately one lemon)
- 2 tablespoons water or liquid from the chickpeas
- A few dashes hot sauce

#### Directions

Use a food processor or masher to combine all the ingredients until the hummus is coarsely pureed. Taste, for seasoning, and serve chilled or at room temperature.

Serve with your favorite veggie sticks: celery,