

April Wellness Facts

Authored by Linnette Goard, FCS Educator, Lorain County
For local information contact Melinda Hill, FCS Educator
OSU Extension , Wayne County
428 W. Liberty Street
Wooster, Ohio 44691
330-264-8722 or hill.14@osu.edu



Keep Hydrated

As the weather gets warmer it is important to remember to keep hydrated. Water is an essential nutrient for your body. It makes 55-75% of our body weight.

Most people need 8 to 12 eight-ounce cups of water daily. In very hot temperatures, your body uses more water to maintain its normal temperature. With increased exercise, your body loses water through

perspiration and evaporation. You should drink 1 to 3 more cups of water per hour as you increase the intensity and duration of your workout.



Food Fun for Kids

Healthy foods can be fun. Trick your kids on April Fool's Day.

For breakfast: Add green food coloring to scrambled eggs for the classic green eggs and ham.



For lunch: Use a corer to cut a small hole in the side of an apple. Put a gummy worm in the hole and watch the kids squirm.

For dessert: Prepare a tall glass with sugar-free gelatin mix, put a straw in it and place it in the refrigerator. When it's ready to serve to your kids, watch them try to "drink" their beverage – before offering a spoon.

Spring Is Here: Jump into Action

To get in shape for spring and summer, you don't need to do everything at once. Put one or two changes into practice, such as controlling your portion sizes or cutting back on fat in your food choices. When you feel comfortable with your progress, try something else.

Add physical activity to your day. Especially in warmer weather, take a brisk walk during your lunch hour. Take the stairs instead of the elevator or escalator whenever possible, and walk in place while watching TV.

Remember, your goal is to make changes gradually so you can stick with them and won't have to repeat this process next year.

Source: American Dietetic Association, eatright.org

Ohio State University Extension embraces diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA. <http://extension.osu.edu>