



January

FEATURE: 2022 Edition



Here is how you can put 5-2-1-0 into action this month:

CREATE A CIRCUIT WORKOUT

Choose exercises that move different parts of the body. Take 15-30 second breaks between each exercise. Pick exercises that are right for their age. Younger children could do sets of 10 jumps on one foot, 10 bean bag tosses, and 10 squats. Pre-teens and teens can try 15 burpees, 15 jumping jacks, and 15 single leg lifts. YouTube is a valuable source of information and ideas. Try searching: family workout or children fitness.



Source: Boston Children's Hospital

NEW YEAR, NEW YOU

Adopting new habits is a process. Commit to breaking bad habits and replace them with new, healthier habits this year. If you stick with the changes, they may become part of your daily routine. Try to eat healthier, get regular physical activity, quit smoking, and limit your screen time.



Source: NIDDK

LAYER-UP OUTDOORS

For outside activities, dress in multiple layers of loose-fitting clothing. Remember to wear a hat, scarf and mittens, or other winter gear. Constant shivering is a sign that it is time to go inside.



The 5-2-1-0 Feature is brought to you by:



1-877-U-CAN-NOW

SHARE YOUR 5-2-1-0 FUN
ON SOCIAL MEDIA:
#HealthiestWeightFL

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

WHITE CHICKEN CHILI

Ingredients

- 2 Tablespoons olive, canola or vegetable oil
- 1 onion, finely chopped
- 1 (4 ounce) can chopped green chilies, drained
- 2 (15.8 ounce) cans great northern beans, drained and rinsed
- 1 (14.5 ounce) can low-sodium chicken broth
- 4 ounces Monterey Jack cheese, shredded
- 2 teaspoons garlic powder
- 1/2 teaspoon pepper
- 2 teaspoons ground cumin
- 1 1/2 cups cooked chicken, cubed



Directions

1. In a large saucepan, heat oil.
2. Add onion and cook until tender.
3. Add green chilies, beans, chicken broth, garlic powder, pepper, ground cumin, and chicken. Bring to a boil.
4. Reduce heat and simmer for 10 minutes or until desired thickness.
5. Serve hot, topped with cheese.

Source: University of Nebraska-Lincoln

NATIONAL SOUP MONTH

January is National Soup Month. It's a good time to think about how soup can fit into your eating plan. Soup can be nutritious, easy to prepare, and inexpensive. Soups can be thick and hearty, smooth and creamy, or savory. They can be served hot or cold. To keep soups tasty and healthy, use low-sodium broth, stock, or soup base. Experiment with flavorful herbs and spices in place of salt. Use black pepper, curry powder, cumin, basil, ginger, coriander, or onion for more flavor. Eat refrigerated soup within three to four days or freeze it. Do not let soup set at room temperature for more than two hours. Vary the veggies in your warm soups during the colder months. Focus on fruits with chilled soups in the warmer months.



Source: University of Nebraska-Lincoln

RESOURCES MENTIONED IN THIS NEWSLETTER



[Circuit Workout](https://on.bchil.org/3ndEOXT): <https://on.bchil.org/3ndEOXT>

[Making Healthy Habits](https://bit.ly/3B2Sgmk): <https://bit.ly/3B2Sgmk>

[Layer Up Outdoors](https://bit.ly/3EiQakz): <https://bit.ly/3EiQakz>

[White Chicken Chili](https://bit.ly/3CfBlyc): <https://bit.ly/3CfBlyc>

[National Soup Month](https://bit.ly/3m432oo): <https://bit.ly/3m432oo>