



# November

## FEATURE: 2022 Edition



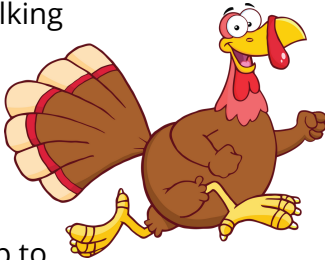
Here is how you can put 5-2-1-0 into action this month:

### TROT LIKE A TURKEY

Your body is made for moving. One of the easiest ways to move is to run.

Participating a walking or running event can be a great experience for the whole family.

Youth ages 5 to 8 can run or walk up to 1 mile. Ages 8 to 12 can do a 5K run. Ages 13 to 15 can do a 10K to half marathon run. Youth over 15 can do a marathon run or further. These distances are general guidelines. Everyone's body is different. If you can't run that far - that is okay! Listen to your body. Slow down or stop if you need to. Stretch before you start. Stay focused on having fun!



Source: NASM

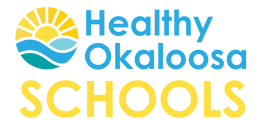
### GROWING GRATITUDE

To be grateful is to be thankful. Take time to say thank you to the people in your life. Thank them for the things they do for you. It can be big things or small. Tell your family how thankful you are for them. Show them that you appreciate their love and support. This will make you and them both feel good. It will also make your relationship stronger.

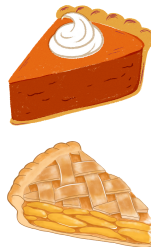


Source: DHS

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



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



### SWEET TREATS

It is the holiday season. If you have a sweet treat to celebrate, eat less carb foods. Examples of carb foods are potatoes and bread.

Source: CDC

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

## SWEET POTATO AND APPLE CASSEROLE

### Ingredients

- 1 Granny Smith apple, sliced
- ¼ cup orange juice
- 2 tablespoons brown sugar, packed
- 1 tablespoon margarine
- ½ teaspoon cinnamon
- ⅓ cup dried cranberries
- 2 medium sweet potatoes, peeled and cut into ½ inch cubes



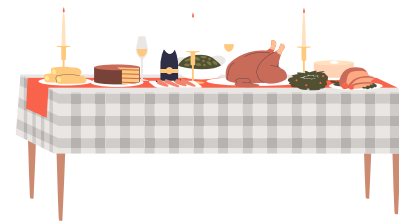
### Directions

1. Preheat oven to 350 degrees F. Grease a baking dish.
2. Cook orange juice, brown sugar, margarine, cinnamon and dried cranberries on medium heat. Stir until the sugar dissolves and margarine melts.
3. Mix the potatoes, apples, and orange juice mixture together. Transfer to the baking dish.
4. Bake, covered, for one hour or until the potatoes are fork tender.
5. Stir the mixture before serving.

Source: Produce for Better Health Foundation

## WASH IT DOWN WITH WATER

Before you sit down to eat a big meal, drink a glass of water. Thirst is often mistaken by the brain for hunger. Drinking water can help control your hunger. Continue drinking water while you eat. This can also help you feel full sooner. This will help you eat the right amount of food. About two cups of water should make your stomach feel full. Water has no calories. Eating or drinking more calories than your body needs will make you gain weight. Drink water instead of juice, soda, sweet tea, or coffee. This can support a healthy weight.



Source: EPA & John Hopkins University

## RESOURCES MENTIONED IN THIS NEWSLETTER



**Trot Like A Turkey:** <https://bit.ly/3Rfvzor>

**Growing Gratitude:** <https://bit.ly/3yjzqlm>

**Sweet Treats:** <https://bit.ly/3P7raly>

**Sweet Potato and Apple Casserole:** <https://bit.ly/3akwcfE>

**Wash It Down with Water (EPA):** <https://bit.ly/3nI5AIN>

**Wash It Down with Water (John Hopkins University):** <https://bit.ly/3NRMryG>