



The DJJ Healthy Way

May 2016

An exploration of health and wellness in and around our community.



Get Moving! May is Physical Fitness Month!

The Office of Nutrition and Food Services supports the President's Council on Fitness, Sports & Nutrition. In honor of National Physical Fitness and Sports Month in May, we challenge everyone to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Georgia, only 23.7% of people reported achieving the recommended amount of physical activity.



The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!



Focus
on DJJ

Sumter YDC Challenges Staff & Youth to a Mid-Year Resolution



Exercise and recycling resolutions are in full swing at Sumter YDC for both staff and youth. As part of the fun, the Sumter Wellness Committee is encouraging the recycling of plastic water bottles. Recycling bins have been placed around the facility and the Sumter youth are assisting by removing labels and bagging bottles to be delivered to a local Recycling Center.

The Sumter staff is also joining in a 12-week challenge emphasizing healthy diets and increased physical activity. Lunch break walks on local walking trails and participation in the youth fitness camp are a couple of ways staff are pursuing better health! Great job to all at the Sumter YDC!



Spotlight on Food Trends: Water, Water Everywhere!



With the Georgia summer nearly upon us, drinking water is key to staying hydrated. Lately, you may have noticed that the water cooler at your local grocery store is no longer a few brands of plain H₂O. Coconut water, aloe water, glacier water, alkaline water, Artesian water, oh my! With all these choices, one must wonder: is the water from the tap no longer adequate for hydration? Buyer beware however, because these trendy new waters comes with a high price (and not just a high purchase cost!).

First and foremost, a favorable characteristic of water is that it is calorie free. We know from many years of research that drinking our calories can lead to weight gain over time. While the coconut and aloe waters that line the shelves may seem healthy, they're often a hidden source of calories. Aloe water can have especially high amounts of added sugar, sometimes just as much as a sugary soda.

Still, other calorie free waters advertise big health claims. Alkaline water manufacturers claim they can cure arthritis and cancer but provide no scientific evidence. Glacier and Artesian waters claim they're the most pure and best tasting, but it's not uncommon for tap water to win over it's fancy bottled counterparts in taste tests. Furthermore, the EPA requires a much more rigorous testing of the water supply than the FDA requires of bottled water, making it a safer choice.

Recipe of the Month Georgia Peach Salsa

May kicks off Georgia Peach season! Georgia growers say this will be the most flavorful peach harvest in years, so fill your menu with Georgia's juiciest fruit!

Ingredients

1½ cups ripe, Georgia peaches, peeled & diced
1 cup tomato, seeded and diced
1 tablespoon jalapeño, finely minced
¼ cup bell pepper
¼ cup red onion, finely diced
1 tablespoon cilantro, chopped
1 lime, juiced
¼ teaspoon chili powder
1 tablespoon brown sugar, packed
salt and pepper to taste

Instructions

Mix all ingredients together. Can be served right away or refrigerated. Flavors will intensify and combine as it sits. Use this recipe as a basic framework, and add more or less of any ingredients based on your preference!

