



February Fitness!

Staying physically active all year long has many health benefits. However, during the colder months, it can be challenging to stick to a movement routine. That's why this month we are focusing on ways to stay active during the winter! Read the highlights section below to see our suggested list of indoor physical activity ideas. Keep scrolling to view our featured fruit or vegetable of the month, highlighted recipes, videos, and the featured movement break and activity of the month. As always, be sure to visit our website linked at the bottom for additional resources and fun online content.



The FENNEL countdown to the last frost of the season is nearing!

With spring around the corner, it's almost time to start planting those fennel seeds! Fennel is a versatile plant that has a white bulb, similar in appearance to an onion, and a stalk and leafy greens which resemble celery. There are two varieties of



fennel, Florence and sweet. Florence fennel, grown as a veggie, is also called 'bulb fennel' because of its bulb-shaped bottom. Sweet fennel is grown as an herb for its seeds. This crunchy veggie is said to taste similar to licorice and is in the same family as celery, carrots, parsley, and dill.

This delicious veggie is rich in fiber, vitamin A, C, B9 and B6 as well as different minerals like potassium, manganese, phosphorus, calcium, iron, and copper. These nutrients make fennel good for our eyesight, immune system, energy metabolism, cell protection, bone health, and much more. All parts of the fennel plant are rich in powerful antioxidants, making this a mighty veggie that you'll want to try.

Fennel is extremely versatile because you can eat the bulb, shoots, leaves and seeds. When choosing fennel, select those that are firm, crisp and pale around the bulbs with big, feathery leaves. Store it in the refrigerator for up to 5 days.

Due to its versatility, fennel can be used to prepare an assortment of dishes. Use the bulb to add to salads, roast them (the flavor will become sweet and mild), make a relish, braise them, add to stuffing, pizza or soups and sauces. Fennel seeds can be used when pickling foods, added to soups and stocks, salad, breads, cheese, meat mixtures, or even stews or casseroles. Don't forget about those leaves! They can be used for salads, soups, herbal teas, and other dishes.

In the garden, fully mature fennel can grow to several feet in height! It is ready to harvest in about 90 days and the bulb should be the size of a tennis ball. Add some fennel to your garden this year – It's a great way to add some color and texture!

**[Check out our video for
Apple and Fennel Couscous!](#)**

**[Apple and Fennel Couscous
Recipe Card](#)**



Scan this QR Code or click [here](#) to watch the video!



Click [here](#) to download the recipe card!

Access all of our food tasting resources [here](#).



It is good to get up and do some movement every now and then to help you learn better. Your brain can only focus for a short amount of time, then you lose focus and cannot learn as well. Taking a short break every hour or so to get up and move allows your body and brain to reset and refocus, so you are ready to learn. Being active also has many other health and wellness benefits.

Elementary School Video:
Just Jump

Middle/High School Video:
Energize in 5, 4, 3, 2, 1



Scan this QR Code or click [here](#) to watch the video!



Scan this QR Code or click [here](#) to watch the video!



Try this movement break with your class! Have students mime jumping rope for as many seconds as corresponds to the date. For example, on February 4th, have students jump rope for four seconds. And, on February 5th, have students jump rope for five seconds.

Access all of our movement break resources [here](#).



[Staying Active During the Winter](#)

This month during American Heart Month, it's a great time to boost your heart-healthy habits, like being more physically active. The Physical Activity Guidelines for Americans suggest that adults aim for 2 ½ hours of activity every week and children aged 6-17 need 60 minutes a day. Any activity that makes your heart rate rise and cause a sweat counts towards your daily movement goals. Always check with your health care provider first before starting any new fitness routines. Read below for suggested indoor activities to help you reach your recommendation:

1. **Dance Party** - Invite family or friends to create a playlist of 5 songs, then turn up the music! Challenge yourself to keep dancing until the playlist is over.
2. **Movement Breaks** - Create a list of all the activities you enjoy doing when the weather is nice and brainstorm ways to do them in the winter. Write these ideas down onto craft sticks and store the sticks in a jar. Select a recurring time every day to draw from the jar. Complete whatever movements are written down. Remember- consistency is key! Select a realistic time during your day and invite family or friends to join in!
3. **Indoor Walking** - Walk in place or around the room during your favorite T.V. show. Looking for ways to boost your steps? Add in some fitness by doing jumping jacks for 5 minutes, taking a 1-minute break, then back to walking in place for 5 minutes and repeat for a total of 20 minutes!



Indoor Exercise Videos:
[Exercise To Try Exercises to Try at Home](#)
[At Home Activity Planner](#)
[Exercise Videos](#)
[FitBoost: Random Fitness Generator](#)

4. **Movement Videos** - check out the links for some excellent exercise videos designed to do at home.

Click on [this link](#) to access our website, resources, and social media pages or click on the icons below.

Feel free to reach out to your nutrition coordinator or to nep@drexel.edu.

Stay Healthy!

The Drexel Eat Right Philly Team



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