

MOVEMENT IS THE KEY TO BETTER HEALTH

There are many ways to help make physical activity a little easier and fun.



Having a supportive community by your side increases motivation to keep moving. A place like the YMCA can offer opportunities to be part of a community that will support your goals of moving more and all the benefits that come with it.

Moving your body regularly improves brain health, manages weight, reduces the risk of chronic disease, strengthens bones and muscles, reduces stress, and even improves mood. The key is finding movement and physical activity that you enjoy doing.

WHAT DO YOU LIKE TO DO?

Physical activity is a moderate-intensity aerobic session that increases your heart rate. There are simple everyday activities that count like daily walks, gardening and yard work. Add to your typical activity to increase movement by finding a group exercise class or other activities that keep you moving.



Program supported by:



YMCA OF WESTERN NORTH CAROLINA

NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
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LOOKING FOR SUPPORT?

In addition to Y memberships, the YMCA of WNC offers diabetes prevention programming at no cost. Making small lifestyle changes can help you live a vibrant life. Specific groups are available for the Black & Spanish-speaking community. For more information or to register, please visit ymcawnc.org/mdpp.



PARTNERING MOVEMENT WITH GOOD NUTRITION

Enjoy our recipe of the month.

Connect with us on Facebook and share a picture making or enjoying this month's recipe at www.facebook.com/ymcawnc.

PEANUT BUTTER APPLE WRAPS



Image via missionfoods.com

INGREDIENTS

2 Tortilla Wraps
1 Apple
1/2 Cup Peanut Butter
Optional Add-ins: Craisins, Granola, Chocolate Chips, Banana Slices, Honey, 1/2 Teaspoon Cinnamon

KITCHEN TOOLS

Knife
Cutting Board

DIRECTIONS

- 1) Chop apple into small pieces.
- 2) Spread peanut butter on the tortillas.
- 3) Sprinkle apple pieces and any other optional ad-ins you would like on top of peanut butter.
- 4) Roll up and enjoy!