

Anytime Pizza



Ingredients

- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- Vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Nutrition Information

Yields: 2 servings

Serving size: 1 slice, 1 English muffin, or 1/2 of recipe

Calories	180
Total fat	.7g
Saturated fat	.3g
Cholesterol	.15mg
Sodium	.502mg
Carbohydrates	.18g
Dietary fiber	.2g
Total sugars	.4g
Protein	.11g

Physical Activity and Health

Everyone should engage in regular physical activity to improve overall health and fitness and to prevent negative health outcomes. The benefits of physical activity occur in generally healthy people of all ages, in people at risk of developing chronic diseases, and in people with chronic conditions or disabilities.

Physical activity affects many health conditions, and the specific amounts and types of activity that benefit each condition vary. In developing public health guidelines, the challenge is to integrate scientific information across all health benefits and identify a critical range of physical activity that appears to have an effect across the health benefits. One consistent finding from research studies is that once the health benefits from physical activity begin to accumulate, additional amounts of activity provide additional benefits.

Some health benefits occur immediately after an episode of physical activity. Other benefits begin with as little as 60 minutes a week. Research shows that a total amount of at least 150 minutes a week of moderate-intensity aerobic activity, such as brisk walking, consistently reduces the risk of many chronic diseases and other adverse health outcomes.

Health Benefits of Physical Activity

- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity, such as brisk walking
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury

Fitness Tip



To avoid injuring yourself during exercise, don't try to do too much too soon. Start with an activity that is fairly easy for you, such as walking. Do it for a few minutes a day, several times a day. Slowly increase the amount of time and the intensity of the activity. For example, increase your walking time and speed over several weeks.

Trying to push yourself too hard in the beginning could cause muscle strain or sprain. When this happens, you'll have to wait for the injury to heal before continuing your exercise program. This can really sidetrack your health goals.