### HEALTHY AT HOME

#### Sunday
- **Strength**
  - [ ] 20 Push Ups
  - [ ] 20 Squat Jumps, Air Squats, or Calf Raises
- **Aerobic**
  - [ ] 10 k
  - [ ] 5 k
- **Flexibility**
  - [ ] Repeat 3 times
  - 15 Pushups
  - 15 Crunches
  - 15 Squat Jumps, Air Squats, or Calf Raises

#### Monday
- **Strength**
  - [ ] Strength Training
  - 10 Squat Jumps, Air Squats, or Call Raises
  - 10 Crunches
  - 10 Pushups
- **Aerobic**
  - [ ] 30 minutes of aerobic activity
- **Flexibility**
  - [ ] Repeat 3 times
  - 10k
  - 5k

#### Tuesday
- **Strength**
  - [ ] Strength Training
  - 15 Squat Jumps, Air Squats, or Call Raises
  - 15 Crunches
  - 15 Pushups
- **Aerobic**
  - [ ] 30 minutes of aerobic activity
- **Flexibility**
  - [ ] Repeat 3 times
  - 10k
  - 5k

#### Wednesday
- **Strength**
  - [ ] Strength Training
  - 15 Squat Jumps, Air Squats, or Call Raises
  - 15 Crunches
  - 15 Pushups
- **Aerobic**
  - [ ] 30 minutes of aerobic activity
- **Flexibility**
  - [ ] Repeat 3 times
  - 10k
  - 5k

#### Thursday
- **Strength**
  - [ ] Strength Training
  - 15 Squat Jumps, Air Squats, or Call Raises
  - 15 Crunches
  - 15 Pushups
- **Aerobic**
  - [ ] 30 minutes of aerobic activity
- **Flexibility**
  - [ ] Repeat 3 times
  - 10k
  - 5k

#### Friday
- **Strength**
  - [ ] Strength Training
  - 15 Squat Jumps, Air Squats, or Call Raises
  - 15 Crunches
  - 15 Pushups
- **Aerobic**
  - [ ] 30 minutes of aerobic activity
- **Flexibility**
  - [ ] Repeat 3 times
  - 10k
  - 5k

#### Saturday
- **Strength**
  - [ ] Strength Training
  - 15 Squat Jumps, Air Squats, or Call Raises
  - 15 Crunches
  - 15 Pushups
- **Aerobic**
  - [ ] 30 minutes of aerobic activity
- **Flexibility**
  - [ ] Repeat 3 times
  - 10k
  - 5k
Balsamic Veggie Pasta

| 4 tablespoons | 2 tomatoes, chopped | 1 teaspoon |
| olive oil, divided | ½ cup green onions, chopped | dried basil |
| 2 cloves garlic, minced | Salt and pepper to taste | 8 ounces whole wheat pasta |
| 1 small zucchini, chopped | 2 tablespoons balsamic vinegar | 1 tablespoon Parmesan, grated |
| 1 small yellow squash, chopped |

In large skillet, heat 1 tablespoon olive oil over medium heat. Add minced garlic and cook one minute, until fragrant. Add chopped zucchini, squash, tomatoes, and green onions, and cook until tender. Add salt and pepper to taste. In a large bowl, whisk together 3 tablespoons olive oil, balsamic vinegar, and dried basil. Stir in zucchini, squash, tomatoes, and green onions. Let sit for 5 to 10 minutes. In a large pot, cook pasta in salted water about 7 minutes, until al dente. Drain. Toss pasta with vegetable mixture until incorporated. Sprinkle with Parmesan cheese. Serve warm.

Yield: 4, 2-cup servings

Nutritional Analysis: 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein

Link: [http://fcs-hes.ca.uky.edu/recipe/balsamic-veggie-pasta](http://fcs-hes.ca.uky.edu/recipe/balsamic-veggie-pasta)


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