



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, have each family member eat like a professional athlete.

Let's say you are a professional athlete. How would you eat, if what you ate affected how well you performed on the playing field, track, or in the rink? Would you choose the little chocolate donuts or the apple? Would you choose to sit on the couch and eat chips or would you go for a walk and drink a glass of water? Well, what you eat does affect everything that you do and all the roles that you play in life.

Whether you are a student, mother, teacher, sales-person, manager, or bus driver, what you



eat affects how well you perform. If you are eating high quality foods like lean protein (fish, chicken, lean beef), whole-grains, fruits, and vegetables, your body will feel and perform better than if you are eating fries, candy bars, and soda pop. Make a choice this week and eat like a professional athlete. As a family, talk about how you felt during your professional athlete week!

**Writing Connection:** To see how what you eat effects your mood and how your body feels, keep a journal for 2 weeks. In this journal, write down what you eat and what time you eat. Also, keep track of when and what you drink. At the end of the day, write down how you felt that day. Compare how you felt during a normal week to the week in which you ate like a professional athlete. Did you feel any different? Will you make any changes in your diet to become healthier and feel better?

## Recipes

### Baked Spicy Fish

*Servings, about 3 ounces each*

- Cod fillets, fresh or frozen 1 pound
- Paprika 1/4 teaspoon
- Garlic powder 1/4 teaspoon
- Onion powder 1/4 teaspoon
- Pepper 1/8 teaspoon
- Ground oregano 1/8 teaspoon
- Ground thyme 1/8 teaspoon
- Lemon juice 1 tablespoon
- Margarine, melted 1-1/2 tablespoons

PREPARATION TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350° F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13- by 9- by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

PER SERVING:

- Calories 140, Total fat 5 grams
- Saturated fat 1 gram, Cholesterol 51 milligrams
- Sodium 123 milligrams

Provided by the USDA's Recipes and Tips for Healthy, Thrifty Meals

<http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf>

## Shopping List for Recipes

- |                      |                     |
|----------------------|---------------------|
| _____ Cod fillets    | _____ Paprika       |
| _____ Ground Thyme   | _____ Garlic powder |
| _____ Lemon juice    | _____ Onion powder  |
| _____ Margarine      |                     |
| _____ Pepper         |                     |
| _____ Ground oregano |                     |

## Families On The Move

**Family Goal:** Have each member of your family check to see if he or she is meeting the CDC's Physical Guidelines for Americans.

Physical fitness is a very important aspect of health that can be improved upon with physical activity. By replacing the time a person uses doing a not-so-healthy activity and replacing it with an exercise routine, a person will feel better both physically and mentally.

**Math Connection:** Let's say you decide to replace your Starbucks® tall Café' Mocha (230 Calories consumed) with a 20 minute walk (100 Calories used). You decide to do this 5 times per week. How many fewer Calories would you be consuming each week and each year? How many extra Calories will you burn by walking each week and each year?

## Health and Fitness Resources

### Website

Centers for Disease Control and Prevention video on physical activity  
[www.cdc.gov/physicalactivity/everyone/guidelines/adults.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)

### Parent's Book

*Fitness for Dummies* by Liz Neporent and Suzanne Schlosberg, Wiley, John & Sons, Inc., 2005

### Children's Book

*The Busy Body Book* by Lizzy Rockwell, Random House Children's Books, 2008

### DVD

*Denise Austin's Fit Kids* by Denise Austin 2004

## Well-Balanced Lunch Idea

Whole-wheat Naan bread  
4 TBLS hummus  
Apple slices  
5 grape tomatoes  
½ cup cottage cheese  
Water



## Subject of the Week

**US Centers for Disease Control and Prevention 2008 Physical Activity Guidelines for Americans**

### Adults Need at Least:

150 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week **and** muscle-strengthening activities on 2 or more days a week. These activities should work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

or

75 minutes of vigorous-intensity aerobic activity (i.e., jogging or running) every week **and** muscle-strengthening activities that work all major muscle groups on 2 or more days a week.

or

An equivalent mix of moderate- and vigorous-intensity aerobic activity **and** muscle-strengthening activities that work all major muscle groups on 2 or more days a week

### Children and Adolescence Need at Least:

1 hour or more of physical activity each day.

## Healthful Pre- and Post-Exercise Snacks

1. Water!
2. Bananas, apples, plums, oranges
3. Chocolate milk

### Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

Published weekly September through May, 36 times a year.

Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment.

Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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For more information: [www.TheFitSchool.com](http://www.TheFitSchool.com)

Math Answer: Café' Mocha: 1,150 Calories each week, 59,800 Calories each year Walk: 500 Calories burned each week, 26,000 Calories burned each year