



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Sit down as a family one day this week and plan your holiday schedule, meals, and snacks.

Spend some time this week planning your holiday. Get out the family calendar and have everyone write down in his or her activities for the next month. By knowing everyone's activities, you can plan your healthy meals and snacks, and make the transition into next year a smooth and healthy one.

By becoming aware of the family's activities ahead of time, you will also reduce the stress that sometimes creeps up on us this time of



year. Studies have shown that high stress combined with less sleep leads to overeating and/or poor eating. Below is a list of healthy habits to try over the holidays to reduce stress and help you and your family stay healthy.

Healthy Holiday Habits

1. Keep all family appointments and activities on one family calendar
2. Sit down and write out your meals and snacks for the next month
3. Make a plan of what you will eat during holiday parties
4. Have a variety of fruits and vegetables available and eat them throughout the day
5. Exercise every day
6. Get enough sleep each night
7. Have fun and laugh every day!

Recipe

Cranberry Pumpkin Muffins

- 2 cups whole-wheat flour
- ½ cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 large eggs
- 3/4 cup canned pumpkin
- 2 cups fresh or frozen chopped cranberries

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

Note: Serve with a glass of low-fat milk for a healthy snack.

Shopping List for Recipe

- | | |
|---|----------------------|
| _____ Whole-wheat flour | _____ Canned pumpkin |
| _____ Sugar | _____ Eggs |
| _____ Baking powder | |
| _____ Salt | |
| _____ Cinnamon | |
| _____ Allspice | |
| _____ Vegetable oil | |
| _____ Fresh or frozen chopped cranberries | |

Families On The Move

Family Goal: This week, sit down with your family and plan active family time during the holidays

In the same way that you can improve your family's nutritional health by planning meals and snacks, you can improve your family's physical health by planning your physical activity. During the holidays many families put off their exercise at a time when they need it the most, both physically and mentally. Take some time this week to sit down with your family and plan out your exercise schedules and some active family time. Think about ice skating, swimming, skiing, roller skating, hiking, and even walking. Often, if we don't plan our family time, other things take up the time. Active family time is a great way to stay connected and healthy!

Nutrition Connection: Visit the USDA National Data Laboratory website listed in the recommended Health and Fitness Resources below. Have each member of your family choose his or her favorite food and find out the nutritional content of that food.

Health and Fitness Resources

Website

USDA Nutrient Data Laboratory
www.nal.usda.gov/fnic/foodcomp/search

Parent's Book

The Complete Idiot's Guide to Vitamins and Minerals by Alan H. Pressman and Sheila Buff, Alpha Books, 2007

Children's Book

Vitamins and Minerals for a Healthy Body by Angela Royston, Heinemann Library, 2003

Video

Play with Me Sesame. Furry, Fun, and Healthy Too, Genius Entertainment, 2008

Well-Balanced Lunch Idea

Whole-wheat pita pocket
filled with ¼ cup canned pumpkin, ¼ cup
drained pineapple tidbits, 1 TBLSP chopped
almonds, and 1 TBLSP raisins
8 oz low- or fat-free milk



Nutrient of the Week

Vitamin A

Why we need it: necessary for growth, reproduction, healthy skin, and normal vision

How much we need:

Children 1-3 = 300 µg (micrograms)/day

Children ages 4-8 = 400 µg/day

Children ages 9-13 = 600 µg/day

Females ages 14 and older = 700 µg/day

Males ages 14 and older = 900 µg/day

Pregnant Females = 770 µg/day

Nursing Females = 1300 µg/day

Best Food Sources:

½ cup canned pumpkin = over 1000 µg vitamin A

½ cup cooked sweet potato = 950 µg vitamin A

½ cup canned spinach = 525 µg vitamin A

½ cup raw carrots = 460 µg vitamin A

1 medium mango = 400 µg vitamin A

½ cup baked winter squash = 265 µg vitamin A

½ cup raw red pepper = 116 µg vitamin A

½ cup apricots, canned with skin = 103 µg vitamin A

Healthful Vitamin A Snacks

1. Sliced red peppers
2. Tangerines
3. Papaya

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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