



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 set at least one nutrition goal for the coming new year.

The best way to get healthy is by taking small steps each day. Setting goals is a great way to focus on what and how you want to change. Using the guidelines on the next page, have each member of your family write one to three nutrition goals that he or she would like to accomplish in the new year. Underneath each goal, write three action steps that you will take to achieve the goal.



Following are two examples of nutrition goals:

Nutrition Goal: I eat healthy portions of food.

How I will reach my goal:

1. I use a small plate when eating at home.
2. When dining out, I split my meal and take half home for the following evening.
3. When eating, I only eat. (Avoid eating while reading, watching TV, and playing video games.)

Nutrition Goal: I eat healthy meals and snacks at least 6 days per week.

How I will reach my goal:

1. Each Sunday, I plan and write down my meals for the following week.
2. Each evening, I pack my healthy lunch and snacks for the following day.
3. I shop on Tuesday evening (after I've eaten) and use a shopping list.

Recipe

Slow-Cooker Beef Stew

- 1 1/2 - 2 pounds stew meat - cut into 1 inch cubes
 - 1/4 cup whole-wheat flour
 - Salt and pepper to taste
 - 2 cups water
 - 2 teaspoons or 2 cubes beef bouillon
 - 1 finely chopped garlic clove
 - 3 sliced carrots
 - 3 diced potatoes
 - 1 - 2 chopped onions
 - 1 sliced celery stalk
- Add herbs as desired: bay leaf, basil, oregano, etc.

1. Place meat in slow cooker.
2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
3. Add remaining ingredients and stir to mix.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.



Recipe provided by USDA
<http://recipefinder.nal.usda.gov>

Shopping List for Recipe

- _____ 2 pounds stew meat
- _____ Whole-wheat flour
- _____ Beef bouillon
- _____ Garlic
- _____ Carrots
- _____ Potatoes
- _____ Onions
- _____ Celery
- _____ Salt, pepper, bay leaf, basil, oregano

Families On The Move

Family Goal: During the holidays, sit down as a family and set your exercise goals for the coming year.

While most people abandon their New Year's Resolutions by the first month of the year, setting measurable goals, along with specific action steps, will help you achieve success. This week, have each person in your family write one to three exercise goals that he or she would like to achieve by the end of the coming year. Good luck!

Below is an example of an exercise goal:

Exercise Goal: I walk 5 days per week for at least 20 minutes each time.

How I will reach my goal:

1. I set my alarm for 5:30 a.m. each morning.
2. I set out my walking clothes, shoes, and jacket each evening.
3. I schedule my walk on my calendar and keep it like I would any other important appointment.

Health and Fitness Resources

Website

American Heart Association's How Can I Track of Physical Activity and Eating?
www.AmericanHeart.org/downloadable/heart/1197064541293TrackExerciseEating.pdf

Parent's Book

Goals! How to Get Everything You Want – Faster Than You Ever Thought Possible by Brian Tracy, Berrett-Koehler Publishers, 2004

Children's Book

You've Got What it Takes!: Sondra's Tips for Making Your Dreams Come True by Sondra Clark, F.H. Revell, 2002

Well-Balanced Lunch Idea

- Low-fat whole-wheat tortilla filled with
- 1 TBLS low-fat mayonnaise
- 2 slices low-sodium turkey lunchmeat
- 5 sliced cherry tomatoes
- 4 mandarin orange slices

8 oz fat free milk

Subject of the Week

Goal Setting Guidelines

1. Say exactly what you plan to do: "I walk at least 5 times per week."
2. Make measurable goals: "I walk at least 5 days per week for at least 20 minutes each time."
3. Set Positive Goals: Say, "I eat at least 3 fruits and 4 vegetables each day", instead of, "I do not eat chocolate".
4. Give your goal a date: "I weight 150 pounds by December 31, 2011."

Math Connection: Let's say you would like to lose 10 pounds by the end of next year. You use the goals from this newsletter and lose 1/4 pound each week. Would you reach your goal in one year? (Answer at the bottom of this page)

Healthful Snacks

1. Cored apple placed in microwave for 4 minutes, sprinkle with cinnamon
2. ¼ cup raisins
3. Rice cake

Fit School, Inc.

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.
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Consult a licensed physician before beginning this or any other exercise and/or nutrition program.
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Math Answer: Yes! You would lose 13 pounds in 1 year.