



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: This week, make a healthy choice before you eat.

Sometimes, we tend to eat without thinking. We're hungry, and we want food. So, we grab for whatever is in front of us. Making this type of choice can lead to consumption of foods that are less nutritious, weight gain, and poor health. This week, make a pact with each member of your family to think before putting anything into his or her mouth. If you stop for one second and realize that you are making a choice, you will feel more in control of your eating and your life.



According to speaker Jim Rohn, "An apple a day keeps the doctor away". He asks, "What if that's true? You say, that's easy to do. Then why aren't you doing it? Because it's not easy to do." It's the little choices we make each day, like choosing an apple over a candy bar or walking for 20 minutes versus watching television for 20 minutes, that can not only add years to our lives, but also make it a healthy, vibrant life. Teach members of your family to take care of their bodies each day so they can live fun, productive, happy lives!

Health Connection: Look around at the people in your life. Is there someone you know in their 60's or older whom you see as fit, happy, and full of life? Why not ask that person how she got that way? Does she eat certain foods each day? What types of exercise does she do and how often? To what does she attribute her health and happy outlook toward life? After listening to her answers, you may want to add some of the healthy secrets to your life!

Recipe

Recipes Kids Can Make!

Make Your Own Pizzas

Makes 2 servings

2 English muffins, split

1/2 cup pizza sauce

1/2 cup part skim Mozzarella cheese, shredded

4 Tablespoons chopped green bell pepper

4 Tablespoons sliced mushrooms, fresh or canned

Other vegetable toppings as desired (optional)

Italian seasoning (optional)

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.

Carrot Raisin Salad

Makes 4 servings

4 medium peeled and grated carrots

1/4 cup raisins

2 teaspoons sugar

2 Tablespoons lemon juice, fresh or bottled

1. In a medium bowl, thoroughly mix carrots, raisins, sugar, and lemon juice.

2. Serve chilled.

Recipes provided by

<http://www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/QuickandEasy/smartstartrecipes.htm>

Shopping List for Recipes

- | | |
|-------------------------|-------------------|
| _____ English muffins | _____ Pizza sauce |
| _____ Green pepper | _____ Mushrooms |
| _____ Vegetables | |
| _____ Mozzarella cheese | |
| _____ Carrots | _____ Raisins |
| _____ Lemon juice | _____ Sugar |

Families On The Move

Family Goal: Each person in you family makes a healthy exercise choice.

Is there something you can add to your exercise routine to help make you a little healthier? If you look at everything you do each day as a choice, would you move more? Would you take better care of your body? If your answer is "Yes", here are some healthy choices to help you get started. Choose one thing to do each day this week, and see if you start to feel better. Big life changes are not made in big leaps, but in small steps made each day.

- Walk 20 minutes
- Lift hand weights for 5 minutes
- Stretch for 5 minutes before bed
- Do 5 extra crunches or pushups
- Skip for 10 seconds (See if you are not smiling after doing this small task!)
- Go to the gym one extra day
- Do 10 jumping jacks

"Do or do not, there is no try."
-Yoda

Health and Fitness Resources

Website

www.fns.usda.gov/eatsmartplayhardhealthy lifestyle USDA's Eat Smart. Play Hard. Healthy Lifestyle Program

Parent's Book

We Can! A Parent Handbook by National Institutes of Health free at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/learn-it/index.htm

Children's Book

Why Should I Eat Well? (Why Should I? Books Series) by Gordon and Llewellyn, Barron's Educational Series, Inc. 2005

Video

Healthy Habits = Healthy Children Video, 2001 (Grades 7-adults) www.healthedco.com

Well-Balanced Lunch Idea

- 1 enriched or whole-grain tortilla
- ¼ cup black beans
- ¼ cup brown rice
- 2 TBLS shredded carrots
- 2 TBLS shredded cheddar cheese
- 2 TBLS salsa
- 1/2 cup shredded salad greens
- 8 oz fat-free milk



Subject of the Week

Healthy Choices

Nutrition

- Choose more whole grains, fruits, vegetables, and fat-free or low-fat dairy products
- Choose foods that are lower in Calories and higher in vitamins and minerals
- Eat smaller portions of food
- Eat a healthy, low-fat, high-fiber breakfast every morning
- Drink plenty of water throughout the day
- Eat lean meats, poultry, fish, beans, eggs, and small portions of nuts

Exercise HHS/USDA Dietary Guidelines

Adults = Most days of the week: 30 minutes of moderate-intensity physical activity to prevent disease and 60 minutes of vigorous-intensity physical activity to avoid gradual weight gain

Children and Teens = Most days of the week: 60 minutes of physical activity

Healthful Snacks

1. Low- or non-fat cottage cheese with peaches on top
2. Strawberries dipped in low-calorie whipped topping
3. Whole-wheat mini bagel

Fit School Newsletter

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

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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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