



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Have everyone in your family start a new healthy nutrition habit.

Change gradually

- If you currently eat only one or two vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit currently or have juice only at breakfast, add a serving of fruit to your meals or have it as a snack.
- Gradually increase your use of fat-free and low-fat milk and milk products to three servings a day. For example, drink milk with lunch or dinner, instead of soda, or sweetened tea. Choose fat-free (skim) or low-fat (1 percent) milk and milk products to reduce your intake of saturated fat, total fat, cholesterol, and calories and to



increase your calcium.

- Read the Nutrition Facts label on spreads and salad dressings and choose those lowest in saturated fat and trans fat.

Treat meats as one part of the whole meal, instead of the main component

- Limit lean meats to 6 ounces a day—all that's needed. Have only a 3-ounce serving, which is about the size of a deck of cards.
- If you currently eat large portions of meat, cut them back gradually— by a half or a third at each meal.
- Include two or more vegetarian-style (meatless) meals each week.
- Increase servings of vegetables, brown rice, whole-wheat pasta, and cooked dry beans in meals. Try casseroles, whole-wheat pasta, and stir-fry dishes that have less meat and more vegetables, grains, and beans.

Ideas from US Department of Health and Human Services, National Institutes of Health, and National Heart, Lung, and Blood Institute
http://www.nhlbi.nih.gov/hbp/prevent/h_eating/start.htm

Recipe

Classic Macaroni and Cheese

- 2 cups macaroni
- 2 cups onions, chopped
- 2 cups evaporated fat-free milk
- 1 medium egg, beaten
- ¼ teaspoon black pepper
- 1 ¼ cups low-fat cheddar cheese, finely shredded
- nonstick cooking spray, as needed

1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 degrees Fahrenheit.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.



Recipe provide by US Department of Health and Human Services
<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

Shopping List for Recipe

- _____ 12 oz macaroni
- _____ Onion
- _____ Evaporated fat-free milk
- _____ Egg
- _____ Black pepper
- _____ Low-fat cheddar cheese
- _____ Nonstick cooking spray

Families On The Move

Family Goal: Have everyone start a weight workout.

Using small hand weights is a great way to gain and maintain muscle mass. This week, have each family member do a 5 minute weight workout. If you do not have small hand weights, try lifting water bottles or canned food. A lot of people are afraid to start an exercise program because they are afraid to "do it wrong". You know how to move your body. You know what hurts and what doesn't. When lifting weights, remember to keep your back and neck straight. Remember to have fun.

Math Connection: Let's say that you decide to lift hand weights 3 times per week and burn 100 calories each time. How many calories will you burn in one month and in one year? (Answer at the bottom of the page)

Health and Fitness Resources

Website

US Department of Health and Human Services: Getting Started
www.healthierus.gov/exercise.html#start

Parent's Book

Small Changes, Big Results: A 12-Week Action Plan to a Better Life by Ellie Krieger and Kelly James-Enger, Crown Publishing Group, 2005

Children's Book

Exercise by Liz Gogerly and Mike Gordon, Crabtree Publishing, 2008

DVD

Kristi Dear's Get Fit Kids, Volume 1, Hustle-Bustle Move Your Muscles!, Get Fit Kids, 2004

Math Answer = 1,200 calories per month, 15,600 per year

Well-Balanced Lunch Idea

Chopped white turkey meat mixed with
1 TBLS low-fat plain yogurt
½ tsp curry powder on whole-grain crackers
Apple ½ cup 3-Bean Salad 8oz fat free milk

Subject of the Week

How to Get and Keep Your Child Active

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.

Provided by CDC <http://www.cdc.gov/physicalactivity>

Healthful Snacks

1. ½ cup fruit salad in fruit juice
2. 5 whole-grain crackers
3. Celery with peanut butter

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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