



Pequeños cambios hoy para
un futuro mejor y más
saludable

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Fit School Newsletter



Health Goal for the Week

Goal: When traveling this summer and dining out, make healthy choices.

Summer traveling does not need to interfere with your family's nutrition and exercise routines. Below are some tips to help your family keep a well-balanced diet while traveling.

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies to help control hunger and feel satisfied sooner.



- Ask for salad dressing to be served on the side. Then use only as much as you need.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a "small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- On long commutes or shopping trips, pack some fresh fruit, raw vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

Tips available from the USDA at
http://www.mypyramid.gov/tips_resources/eating_out.html

Recipe

Turkey Pasta Salad

- 1 cup elbow macaroni, uncooked
- 1 ½ tsp dried chives
- ¼ cup light mayonnaise
- 1 2/3 cups diced cooked turkey
- 1 cup seedless red grapes, halved
- 1/3 cup thinly sliced celery
- 4 leaves salad greens

1. Cook macaroni according to package directions. Drain.
2. Stir chives into salad dressing.
3. Mix macaroni, turkey, grapes, and celery together lightly.
4. Stir in salad dressing
5. Chill well. Serve on salad greens.

Recipe from Center of Nutrition Policy and Promotion at <http://www.cnpp.usda.gov>

Social Studies Connection: Whether you are going on a family trip across the world, country, or across town, take some time as a family to do some research on the history of the area before you go. Knowing interesting facts about the area you are visiting will make your trip more interesting, and you may even learn something along the way. Your local library or the internet can provide a variety of history, geography, and fun facts for almost anywhere in the world.

Shopping List for Recipe

- _____ Macaroni
- _____ Dried chives
- _____ Light mayonnaise
- _____ Cooked turkey
- _____ Seedless red grapes
- _____ Celery
- _____ Salad greens

Families On The Move

Family Goal: Plan and do a family hike.

The process of choosing, planning, and doing a family hike is a great way to do a healthy, fun, bonding, family activity. Visit the American Hiking Association's website at <http://www.americanhiking.org/Resources/How-Tos>. You can find trails in your area or an area you would like to visit, interactive maps, and trail descriptions at www.trailLink.com. You can choose trails that are wheelchair accessible, moderate difficulty, or more challenging, depending on the fitness level of your family. Enjoy your time with your family out in nature.



Health and Fitness Resources

Website

My Pyramid Blast Off Game
http://www.mypyramid.gov/kids/kids_game.html

Parent's Book

The Top 100 Recipes for Healthy Lunchbox: Easy and Exciting Ideas for Your Child's Lunches by Nicola Graimes, Baird, Duncan Publishers, 2007

Children's Book

Great Food for Happy Kids by Fesse Frayne and Gina Calleja, Napoleon & Company, 2004

Video

Hip Hop for Kids: School House Hop, Jumping Fish Productions, 2008

Well-Balanced Lunch Idea

1¼ cup Turkey Pasta Salad
Apple
8 oz fat-free milk



Subject of the Week

Ingredients for a Healthy Summer

- Wear sunscreen with SPF 15 or higher and reapply every 2 hours even when cloudy
- Wear a hat with a 4-inch brim to protect face and neck
- Eat plenty of fruits and vegetables
- Make healthy food choices
- Drink at least 8 (8-oz) glasses of water per day
- Exercise for at least 20 minutes a session, 5 times per week
- Play whenever you get a chance (At least 1 hour a day for children and teens)
- Enjoy being a family!

Parent Tip: When traveling by car, stop at rest areas or city parks every 2-3 hours and run around with the kids. Use the restroom, then play tag, hide-and-seek, or just race to different landmarks.

Healthful Summer Snacks

1. Vegetable variety plate (slice a variety of vegetables and serve with a small bowl of low-fat Ranch dressing)
2. Fruit variety plate (slice a variety of fruits, arrange on a plate, and top a few with fancy toothpicks)
3. 1 cup frozen grapes

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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