



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Have each person in your family set one healthy nutrition goal for this summer.

Have each person in your family write down one nutrition goal he/she would like to achieve this summer. Sometimes by focusing on one aspect of your health, great health gains can be achieved. The following are sample nutrition goals:

- I eat at least 2 fresh fruits and 2 cups of vegetables each day.
- I eat ½ of my grains for the day as whole grains.
- I choose water and fat-free milk as my beverage.



- I eat 2 servings of fruits and 3 servings of vegetables each day before I allow myself to eat sweets.
- I eat all of my food for the day before 8 pm. (Use this goal if most of the food you eat after 8 pm is considered "junk food".)
- I eat at least 1 yellow, 1 green, and 1 orange vegetable each day.

Learning Connection: Before summer begins, have each person in your family set a learning goal. What is something you would like to learn? Would you like to learn to speak French, play the piano, knit, skateboard, windsurf, sew, sing, or skate? Have each person write down his/her learning goal on a piece of paper and make a list of ideas for how he/she will achieve this goal. Remember that there are a lot of free resources available to help you achieve your goals. Also, you may barter your talent of teaching someone to knit for his ability to teach you how to sing. Be creative, be supportive, and have fun!

Recipe

Easy Summer Recipes

Confetti Coleslaw

- 2 cups green cabbage, finely chopped
 - ¼ cup green pepper, finely chopped
 - ¼ cup red pepper, finely chopped
 - 1 TBLS onion, finely chopped
 - 2 TBLS vinegar
 - 1 TBLS water
 - 1 ½ TBLS sugar
 - 1/8 tsp celery seed
 - 1/8 tsp pepper
1. Mix vegetables together lightly.
 2. Mix remaining ingredients together for dressing.
 3. Stir dressing into vegetables. Chill well.

Spinach-Orange Salad

- 4 cups spinach torn into pieces
 - 2 medium oranges, sectioned
 - 2/3 cup fresh mushrooms, sliced
 - ½ cup red onion, sliced
 - 2 TBLS vegetable oil
 - 2 TBLS vinegar
 - ¼ cup orange juice (from sectioned orange)
 - ½ tsp ginger
 - ¼ tsp pepper
1. Place spinach in bowl. Add orange sections, mushrooms, and onion. Toss lightly to mix.
 2. Mix oil, orange juice, ginger, and pepper well. Pour over spinach mixture. Toss to mix. Chill.

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

Shopping List for Recipe

- | | |
|---------------------|--------------------|
| _____ Green cabbage | _____ Green pepper |
| _____ Green cabbage | _____ Onion |
| _____ Vinegar | _____ Sugar |
| _____ Celery seed | _____ Pepper |
| _____ Spinach | _____ Oranges |
| _____ Mushrooms | _____ Red Onion |
| _____ Vegetable oil | _____ Vinegar |
| _____ Ginger | _____ Pepper |

Families On The Move

Family Goal: Have each person in your family set his/her fitness goals for the second half of the year.

What would you like to accomplish as far as your fitness for the second half of this year? As a family, sit down with your previous fitness goals, and talk about what you achieved and what you still need to work on. Have each person write goals that he/she would like to achieve in the second half of the year and how that person will go about achieving those goals.

Goal: I weigh 160 pounds by December 21st.

Here is how I will achieve this goal:

1. I eat at least 3 fruits every day.
2. I eat at least 4 servings of vegetables every day.
3. I exercise for at least 20 minutes, five times per week.

Write out each of your goals in this way, and you are looking at a very successful 2nd half of the year!



Health and Fitness Resources

Website

Mayo Clinic
www.mayoclinic.com

Parent's Book

Summer: A User's Guide by Suzanne Brown, Artisan, 2007

Children's Book

Being Active by Mari Schuh, Barbara Rolls, and Gail Saunders-Smith, Coughlan Publishing, 2006

Video

Teaching Kids Swimming by Gayle Lutz, ESPN Home Video, 1990

Well-Balanced Lunch Idea

- 1 soy burger or soy hotdog
- 1 whole-wheat bun
- Lettuce, shredded carrots, tomatoes, relish, ketchup, mustard
- String cheese
- Apple
- Water



Subject of the Week

Planning Summer Fun

Here are some ideas for planning your summer:

Nutrition:

- Have fresh, washed fruit in a bowl on the table
- Have bottles of water in refrigerator
- Have a variety of fresh vegetables and low-fat dip as hours devours before dinner (You will be surprised how many vegetables children will eat while waiting for dinner!)
- Make a list of your favorite grilled recipes
- Make sure you have enough gas for your grill!

Exercise:

- What type of exercise will you do this summer?
- How many days per week will you exercise?
- What hour of the day will you exercise? (Take the summer's heat into consideration.)
- What is a family activity you can do at least 2 times per week? (Plan a walk, hike, stroll through the park, bicycle ride, swim, etc.)

Healthful Summer Snacks

1. Cherry tomatoes
2. Small zucchini slices
3. Cherries

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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