



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: As a family, follow the MyPyramid suggestions in order to eat a well-balanced diet this week.

The surest guarantee for good health and healthy weight is to combine a well-balanced diet with exercise. Many advertisements and books may offer quick weight loss, improved memory, and more energy with promises and programs that are more exciting than the "old fashioned" Food Pyramid, but the basics of proper nutrition and exercise are the only sure bet that you will reach and maintain your health or weight goal. Do you know of anyone who has used a fad diet to lose weight and kept



it off for more than one year? Most likely not.

If you have access to the Internet, have each person in your family visit www.MyPyramid.gov and get a personalized nutrition plan.

Healthiest Way to Lose Weight

- Lose only 1 to 2 pounds per week
- Never eat less than 1,200 Calories per day unless you are monitored by a physician (You will be missing out on valuable nutrients.)
- With a healthy diet, no foods must be banned unless you have dietary restrictions
- Adults exercise at least 30 minutes on 5 or more days per week, and Children exercise 60 minutes each day (Department of Health and Human Services)

Recipe

Orange and Snow Pea Pork Dinner

- 2 cups brown rice, cooked (plan ahead, this takes 50 minutes to cook!)
- Canola cooking spray
- 2 lbs thinly sliced pork tenderloin
- 1 cup orange, mango, or your favorite flavor marmalade
- 2 Tbs chili sauce
- 1 tsp garlic powder
- 1 tsp onion salt
- 3 cups snow peas, fresh

- Spray large skillet with cooking spray
- In medium bowl, mix marmalade, chili sauce, garlic powder, and onion salt
- On medium heat, cook pork, stirring occasionally for about 5 minutes
- Add marmalade mixture and snow peas
- Cook and stir for an additional 5 minutes
- Place ½ cup brown rice on each plate
- Place 1 cup mixture on top of rice and enjoy!



Science/Nutrition Connection: Using the guidelines from MyPyramid (www.MyPyramid.com), have each member of your family write out one day's worth of well-balanced foods that he/she finds tasty and nutritious.

Shopping List for Recipe

- _____ Brown rice
- _____ Canola oil cooking spray
- _____ 2 lbs pork tenderloin
- _____ Marmalade
- _____ Chili sauce
- _____ Garlic powder
- _____ Salt
- _____ Fresh snow peas

Families On The Move

Family Goal: Over the holiday vacation, take a family walk.

Whether it's a spontaneous after-dinner stroll or a planned trek on a local hiking trail, getting outside in the crisp fall air will make you feel awake and energized. There are always time pressures over the holidays: shopping, making meals, and entertaining. Getting outside and moving with your family helps to put the hustle and bustle of everyday life into perspective. Walking and talking as a family is one of the best gifts your can give to yourself and your family.



Math/Geography

Connection: If you and your family walk 2 miles, 2 times per week, how many miles will you walk in 1 year? On a map, see all of the different towns you could visit in a radius of that distance. (Answer at the bottom of the page)

Health and Fitness Resources

Website

www.MyPyramid.gov USDA's personalized food pyramid

Parent's Book

American Medical Association Family Medical Guide by the American Medical Association, John Wiley & Sons, Hoboken, NJ 2004

Children's Book

The Monster Health Book: A Guide to Eating Healthy, Being Active, & Feeling Great for Monsters & Kids! by Edward Miller, Holiday House, Inc. 2006

Video

The Standard Deviants School: Human Nutrition, Module 9 – Energy Balance by Cerebellum Corp 2001

Well-Balanced Lunch Idea

- 12-inch, low-fat, flour tortilla
- 1 Tbs part-skim cheddar cheese, shredded
- ¼ cup low-fat, refried beans
- ¼ cup cooked corn
- ¼ cup avocado
- ¼ cup salsa on the side for dipping
- apple
- 8 oz fat free milk



Subject of the Week

Healthy Eating

How to Spot Fad Diets and False Health Information

- Diet restricts certain foods
- Diet revolves around 1 food or group of foods
- You need to buy only one company's food
- Scientific studies are done by the company that is trying to sell you the diet
- Weight loss by taking a pill
- Companies or people claiming health or weight loss if you buy supplements or products from them (a registered dietician will give you advise, but not try to sell you something)
- Promise of quick results
- Promise to lose more than 2 pounds per week

Well-Balanced Diet and Exercise Program

- All foods allowed in at least small portions
- High in fruits, vegetables, and whole-grains
- Exercise at least 5 times per week
- If losing weight, only lose 1 to 2 pounds per week

Healthful Snacks

1. ¼ cup sunflower seeds
2. 7 whole-wheat pretzels
3. ½ cup fruit salad in juice

Fit School Newsletter

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

Published weekly September through May, 36 times a year.

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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For more information: www.TheFitSchool.com

Math/Geography Answer = 208 miles