



Small changes today for a healthier tomorrow
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Fit School Newsletter

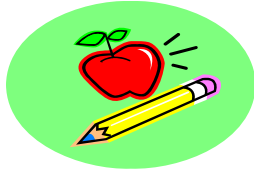


Health Goal for the Week

Goal: This week, try to drink only water, fat free milk, and 6 ounces of juice each day.

Our bodies are made up of 60 – 75% water. Water carries nutrients throughout our bodies, keeps body temperature constant, and helps in digestion. You can get the water your body needs from drinking water, milk, fruit or low-sodium vegetable juice, and by eating water-based soups and juicy fruits.

If you cut back on drinking soda, sport drinks, large amounts of fruit juices, and other sugary drinks, you will eliminate many extra Calories. Beverages do not make you feel full, so if you drink a lot of Calories, you are likely to consume



more Calories than you would if you drank water throughout the day. For example, one 20-oz Minute Maid® Lemonade has 250 Calories and almost 17 teaspoons of sugar. This is the same number of Calories as an Arby's® Apple Turnover and more than 4 times the amount of sugar!

Science/Math Connection: If you have a leaky faucet, place a measuring cup beneath the faucet and gather the leaked water for 12 hours. Figure out how much water is leaked per day, week, and year. Let's say that at the end of 12 hours, you collected 4 ounces of water. Calculate how much water is leaked from the faucet in one day, week, and year (Hint: 128 oz = 1 gallon). (Answer at the bottom of next page)



Recipes

Fruit Spritzer

12-oz can 100% juice concentrate
1-liter club soda
Ice

- In large container, mix juice concentrate with club soda.
- Add ice and serve

Cinnaminy Apple Cider

64 ounces apple cider (100% juice)
3 cinnamon sticks, cracked
8 allspice berries
6 whole cloves
1 small washed, unpeeled orange, cut into ¼ inch slices

- Mix all ingredients in large saucepan
- Bring to boil, lower heat, and cover
- Simmer for 15 minutes
- Strain the cider into mugs and decorate with a cinnamon stick and orange slice if you like

Shopping List for Recipes

- _____ 12 oz 100% juice concentrate
- _____ 1 liter club soda
- _____ 64-oz apple cider (100% juice)
- _____ Cinnamon sticks
- _____ Allspice berries
- _____ Whole cloves
- _____ Small orange

Families On The Move

Family Goal: Take a walk and look for positive things in your neighborhood

Walking as a family is a great way to get your heart pumping and your mouth talking. During your walk, have each member of your family mention the positive things he/she sees in your neighborhood. This can be anything from flowers blooming to a new puppy at the Smith residence. Looking for positive things around you is a great way to instill pride in your family and your neighborhood.



Science Connection:
Which nutrient is the most important for life and makes up most of your body? (Answer at bottom of page)

Well-Balanced Lunch Idea

Tomato soup
Grilled cheese sandwich made with
1 Tbls butter, 1 oz cheddar cheese, and 2 slices whole wheat bread
Apple
8 oz fat free milk

Nutrient of the Week

Water

Why we need it: involved in most body functions
How much we need: About 8 (8-oz glasses) per day. You can get some of your water for the day from drinking milk, eating soup, and eating juicy fruits. Drink more if you exercise or drink caffeine

Children ages 1-3 = 1.3 Liters/day

Children ages 4-8 = 1.7 Liter/day

Females 9-13 = 2.1 Liters/day

Males 9-13 = 2.4 Liters/day

Females 14-18 = 2.3 Liters/day

Males 14-18 = 3.3 Liters/day

Females 19 and older = 2.7 Liters/day

Males 19 and older = 3.7 Liters/day

Pregnant Females = 3 Liters/day

Nursing Females = 3.8 Liters/day

*1 Liter = 33.8 fluid oz and 1 Liter = 1.06 quart, 1 cup = 8 fluid oz

Best Food Sources:

Water, milk, water-based (not cream-based) soups, and 100% fruit juice

* If you are drinking enough water, you should need to urinate every 2 to 3 hours. Your urine should be clear yellow. If you are not drinking enough, you will excrete dark colored urine and you will be at risk for developing kidney stones.

Health and Fitness Resources

Website

US Food and Drug Administration
www.fda.gov (search: drinking water)

Parent's Book

Fundamental Motor Skills & Movement Activities for Young Children by Joanne M. Landy & Keith R. Burrige. West Nyack NY: The Center for Applied Research in Education, 1999.

Children's Book

A Cool Drink of Water by Barbara Kerley, National Geographic Society, Washington DC, 2002

Video

Water Cycle, Disney Educational Productions, Elk Grove Village, IL 2001

Healthful Water-Based Snacks

1. 100% real fruit Popsicles
2. Watermelon
3. Fat free milk

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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