



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: If someone in your family would like to lose weight to be healthier, make one healthy lifestyle change this week.

The American College of Sports Medicine (ACSM) recommends that to reach your desired weight you should understand and practice energy balance. If you eat more calories than you burn each day, your body stores the extra calories as fat, and you gain weight. If you use more calories during the day than you eat, you lose weight. The people who are most successful at weight loss and who have kept the weight off use a combination of diet and exercise. The National Weight Control Registry has a database



of more than 3,000 American adults “who have lost an average of 60 pounds and have kept it off for an average of six years”.

These people have 4 common behaviors:

1. Eat a low-fat, low-calorie diet
2. Weigh themselves frequently
3. Keep very physically active (on average, they expend 2,800 calories per week doing activities)
4. Eat breakfast

ACSM recommends the following steps to lose weight:

1. Set a realistic goal: Look at BMI chart and talk to your health care provider to see what a healthy weight for you is
2. Make lifestyle changes: limiting portion sizes, cutting back on number of calories you eat
3. Be more physically active

Recipe

Garden Delight Pasta

- 1 lb whole-wheat penne, rigatoni, or elbow pasta
- 1 15 oz can diced tomatoes
- 16 oz frozen corn, thawed and drained
- 16 oz frozen green beans, thawed and drained
- 10 oz can low-fat cream of mushroom soup
- 1 tsp garlic powder
- ½ tsp basil
- ½ tsp oregano
- 8 oz shredded cheddar cheese

- Preheat oven to 350°
- Cook pasta according to directions and drain
- Mix all of ingredients together except ½ of the cheese
- Spread mixture into a 13x9x2 inch dish
- Top with remaining cheese
- Bake for 20 minutes and enjoy!

Math Connection: A “positive energy balance” for the day means that you have extra calories that you did not burn, and you gain weight. A “negative energy balance” for the day means that you burned more energy during the day than you ate, and you lose weight. If you ate 1,600 calories today but you burned 1,700 calories, do you have a positive or negative energy balance? (Answer at bottom of next page)

Shopping List for Recipe

- _____ 1 lb whole wheat pasta
- _____ 15 oz can diced tomatoes
- _____ 10 oz can cream of mushroom soup
- _____ Garlic powder
- _____ Basil
- _____ Oregano
- _____ 8 oz shredded cheddar cheese
- _____ 16 oz frozen corn
- _____ 16 oz frozen green beans

Families On The Move

Family Goal: This week, plan and do a physically active family project together.

This week is the beginning of fall. As a family, plan on doing a project together to help get you moving and also accomplish a family goal. Do you need to get your garden, garage, shed, tools, car, or home ready for the fall season? Do you know of an elderly neighbor or a family with someone away in the military that may need some extra help? As a family, choose a day and time to work on this project together. Working together to accomplishment a task gets your family talking and moving toward a common goal!



Health and Fitness Resources

Website

American Obesity Association
www.obesity.org

Parent's Book

Kid Favorites Made Healthy by Jan Miller, Better Homes and Gardens Books, Des Moines, IA 2003

Children's Book

Why Do I Vomit?: And Other Questions About Digestion by Angela Royston, Heinemann Library, Chicago, IL 2003

Video

Eat Smart, PBS Home Video, Pacific Arts, Los Angeles, CA 1991

Music CD

Bon Appetit! : Musical Food Fun by Cathy Fink and Marcy Marxer, Rounder Kids, Cambridge, MA 2003

Math Answer: Negative Energy Balance

Well-Balanced Lunch Idea

Whole-wheat pita pocket	1 small artichoke heart
1 TBLS spicy mustard	Banana
1 oz Swiss cheese	8-oz fat free milk
1/4-cup leafy greens	
2 oz canned, chunked chicken	

Subject of the Week

How Energy Balance Works

+3,500 calories to gain 1 pound

-3,500 calories to lose 1 pound

Let's say you were given a 1,600 calorie diet and you need 1,800 calories to stay at your current weight. Your exercise plan involves jogging, which burns about 100 calories every 10 minutes.

1. Diet w/out exercise

-200 calorie deficit each day \cong 1,400 calories deficit each week

$-3,500 \div 1,400 = \mathbf{2.5 \text{ weeks to lose 1 pound}}$

2. Exercise 3 days per week w/out diet

-exercise 40 minutes 3 x week \cong 1,200 calories deficit each week

$-3,500 \div 1200 = \mathbf{2.9 \text{ weeks to lose 1 pound}}$

3. Exercise 3 days per week w/diet

-exercise 40 minutes 3 x week + 200 calorie deficit each day \cong 2,600 calorie deficit each week

$-3,500 \div 2,600 = \mathbf{1.35 \text{ weeks to lose 1 pound}}$

4. Exercise 5 days per week w/out diet

-exercise 40 minutes 5 x week \cong 2,000 calories deficit each week

$-3,500 \div 2,000 = \mathbf{1.75 \text{ weeks to lose 1 pound}}$

5. Exercise 5 days per week w/diet

-exercise 40 minutes 5 x week + 200 calorie deficit each day \cong 3,400 calorie deficit each week

***Lose about 1 pound per week**

Healthful Energy Snacks

1. Low-calorie rice cakes
2. Air-popped popcorn without added fat or salt
3. Apple

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