



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. 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.



**Math Connection:** Let's say you currently eat a McDonalds® Deluxe Warm Cinnamon Roll and a large orange juice for breakfast every day, and you decide instead to eat 1 cup raisin bran, 1 cup fat free milk, 1 banana, and 8 ounce orange juice. If you make this change for one year, how many fewer calories and fat grams will you eat, and how many more fiber grams will you eat? Also, if you need to eat 3,500 calories less to lose one pound, how many pounds would you lose in one year eating your new breakfast?

Food	Calories	Fat (g)	Fiber (g)
<b>Old Breakfast</b>			
McDonalds® Deluxe Warm Cinnamon Roll	590	24	4
Large orange _juice	250	0	0
<b>Total</b>	<b>840</b>	<b>24</b>	<b>4</b>
<b>New Breakfast</b>			
1 cup raisin bran	210	1	7
1 cup fat free milk	83	0	0
Banana	105	0	3
8 oz orange juice	112	0	0
<b>Total</b>	<b>510</b>	<b>1</b>	<b>10</b>

## Recipe

### Smorgasbord Wraps

- A variety of lower-calorie tortillas (spinach, vegetable, whole wheat, etc)
- 4 boneless, skinless chicken breasts, cooked and cubed
- 2 apples, cored and shredded
- 2 cups spinach leaves
- 1 cup shredded carrots
- 20 oz can pineapple tidbits, drained
- 1 each green, red, and yellow peppers, sliced
- 2 avocados, peeled and sliced
- 8 oz low-fat cream cheese
- 8 oz salsa
- Toothpicks

- Place each ingredient on a plate or bowl in the center of the table
- Give each person a plate and a choice of tortilla
- Allow each person to choose the ingredients for the wrap
- After placing the ingredients in the wrap, roll the tortilla
- Place toothpicks every 3 inches
- Cut the wrap between each toothpick to make finger food wraps
- Have a smorgasbord of fun!



## Shopping List for Recipe

- \_\_\_\_\_ A variety of lower-calorie tortillas
- \_\_\_\_\_ Skinless, boneless chicken breasts
- \_\_\_\_\_ Green, red, yellow peppers
- \_\_\_\_\_ 20 oz can pineapple tidbits
- \_\_\_\_\_ 4 oz fresh spinach
- \_\_\_\_\_ 8 oz low-fat cream cheese
- \_\_\_\_\_ 8 oz carrots                      \_\_\_\_\_ 8 oz salsa
- \_\_\_\_\_ 2 apples                              \_\_\_\_\_ Toothpicks

## Families On The Move

**Family Goal: Have each person in your family set one exercise goal for this summer.**

Have you always wanted to start a walking, running, or weight lifting program? Summer is a great time to start. With longer, warmer days, it's easier to go for an early morning run or a late evening walk. Have each family member write down an exercise goal he/she would like to accomplish this summer. Here are some examples to help you get started:

- I walk 3 miles each weekday at 6 a.m.
- I lift hand weights 3 times per week for 5 minutes each time.
- I walk for at least 1 mile with my family in the evening.



## Health and Fitness Resources

### Website

[www.ams.usda.gov/farmersmarkets/map.htm](http://www.ams.usda.gov/farmersmarkets/map.htm) USDA's directory of farmers markets across the nation

### Parent's Book

*The New Mayo Clinic Cookbook* by Mayo Clinic Staff, Callahan, Nelson, and Forberg, Oxmoor House, Inc. 2003

### Children's Book

*This Year's Garden* by Cynthia Relent and Mary Szilagyi, Simon & Schuster, 1987

### Video

*Nature Neighborhood: A Place for Wildlife and Learning*, North Carolina Museum of Natural Sciences, Environmental Media Corp, 1999

## Well-Balanced Lunch Idea

- 1 veggie burger
- 1 slice cheese
- 1 whole wheat bun
- Lettuce, tomatoes, relish, ketchup, mustard, ½ avocado
- 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. Frozen grapes
2. Frozen 100% juice in ice cube trays with toothpicks inserted
3. Grape tomatoes

### 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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