



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, think before you put anything into your mouth.

Do you really think a fudged-dipped chocolate chip granola bar is healthy? Do you really think that three slices of bacon for breakfast each day is healthy? Do you really need a sports drink filled with empty calories while working out, or will water do? Instead of just grabbing something to eat or sticking to old routines, start thinking about the choices you make. You have a choice about everything you eat. Don't allow advertisers and doctors who write books for big profits to control what you eat. There are many unhealthy foods on the market that



contain words like "Low-carb" on the packaging but are still high in calories. Trust your knowledge about nutrition and choose your foods wisely.

### Ways to Make Fitting Exercise In To Your Life A Little Easier

- Videotape all of the shows you wish to watch (This saves you 20 minutes of commercial time for each 1 hour of TV time.)
- Set out your exercise clothing or pack your gym bag the night before
- Write your exercise time in your calendar like a regular appointment (You wouldn't miss an important meeting, and exercise is the most important meeting for your health!)
- Plan on meeting a friend for your exercise session (You will be less likely to miss your workout, and you can have fun socializing while exercising.)

## Recipes

### Apples and Oranges Chicken

2 cups brown rice  
4 boneless, skinless chicken breasts  
4 apples, sliced with skins on

### Sauce

1 cup orange juice  
1 tsp brown sugar  
1Tbs vinegar  
1 tsp garlic powder  
1 tsp dry mustard

- Cook brown rice according to package directions
- Preheat oven to 375°
- Rinse chicken and cut off fat
- In a 13x9x2 inch dish, mix sauce
- Add apple slices and mix
- Add chicken and turn over several times so that mixture covers each piece
- Let marinate in refrigerator at least 2 hours or overnight
- Bake uncovered for 45 minutes, turning the chicken over half way through the cooking time
- Serve chicken and sauce over brown rice

**Math Connection:** If you walk at a brisk pace for 30 minutes, 5 times per week, and burn 8 Calories each minute, how many Calories would you burn during each workout, each week, and each year? (Answer at bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ 4 chicken breasts
- \_\_\_\_\_ Brown rice
- \_\_\_\_\_ 4 apples
- \_\_\_\_\_ Orange juice
- \_\_\_\_\_ Brown sugar
- \_\_\_\_\_ Vinegar
- \_\_\_\_\_ Garlic powder
- \_\_\_\_\_ Dry mustard

## Families On The Move

**Family Goal:** As a family, discuss and write down how each member of your family will meet at least the minimum requirements for exercise set by the American College of Sports Medicine (See "Subject of the Week").

The US Department of Health and Human Services lists these benefits of adding physical activity to your life:

- Strengthens your heart and lungs
  - Helps you lose weight and control your appetite
  - Lowers blood pressure
  - Lowers blood cholesterol
  - Helps you sleep better
  - Helps reduce stress
  - Gives you more energy
- Isn't a little bit of effort worth all of this and more?!



## Health and Fitness Resources

### Website

American College of Sports Medicine  
[www.acsm.org](http://www.acsm.org)

### Parent's Book

*Fitness for Dummies* by Liz Neporent,  
Hungry Minds, 1999

### Children's Book

*Carbohydrates for a Healthy Body* by  
Hazel King, Heinemann Library, Chicago,  
IL 2003

### Video

*Little Kicks Fitness Workouts for Kids:  
100% Pure Fun: Bright Minds* by Big  
Kids Productions, San Antonio, TX (Ages  
3 and up) 2003

## Well-Balanced Lunch Idea

- ½ cup garbanzo beans
  - 3 oz tuna fish (packed in water), drained
  - 1 medium tomato, diced
  - 1 medium carrot, chopped
- Mix above ingredients and sprinkle with 1 tsp olive oil and 1 TBLS balsamic vinegar
- Serve on triangles of Nann bread or whole wheat tortillas
- 8 oz fat free milk

## Subject of the Week

### American College of Sports Medicine Exercise Guidelines

- Exercise 3 to 5 days per week  
If your goal is to lose weight, do at least 30 minutes of aerobic activity at least 5 days per week.
- Gradually increase your heart rate to reach your Target Heart Rate (See Newsletter #6 "Families on the Move" to learn how to calculate your Target Heart Rate or visit [www.acsm.org](http://www.acsm.org).) Warm up for 5 to 10 minutes before reaching your Target Heart Rate range.
- Maintain your exercise intensity for 30 to 45 minutes.
- For the last 5 minutes of your workout, gradually decrease your intensity, slowing your heart rate.
- Finally, stretch for 5 minutes.

## Healthful Pre and Post Exercise Snacks

1. Water! - You only need the extra calories and electrolytes from a sports drink if you are training at a high intensity for over an hour
2. Banana - If you workout before breakfast or right after work, see if your stomach can tolerate this potassium-packed fruit before exercise
3. Milk - Great for a post-workout protein booster

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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