



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Sit down as a family and write out steps you will take this new year to live a healthier and happier life.

As a family, sit down and write out the steps you will take to become healthier in the new year. To begin, you may want to start a family notebook with recipes for everyone's favorite healthy meals and snacks. Another important step is to schedule time when someone will go grocery shopping for these healthier alternatives. When it comes to achieving any type of success, it is the small steps you take each day that lead to big results in the future. You may also want to schedule at least three



times each week for each member of your family to get his/her physical exercise. Schedule this time like an appointment. Most people wouldn't think of missing a doctor or hair appointment, but they wouldn't worry about missing their scheduled workout. The workout is much more important for a healthier and more beautiful life!

Social Studies Connection: January 1, 1752 was the birth date of Betsy Ross. It is said that in 1777, Ms. Ross made the first American Flag for the Continental Congress. Betsy Ross had to hand-sew the flag because it was before the time of sewing machines.

Today, many things are automated and not done by hand. For example, does your family shovel snow or rake leaves? These activities burn a lot of Calories. Many people today have machines that do their lawn and house work. Think of ways your family can add more physical activity to your life by doing some chores "the old fashioned way"!

Recipe

Easy Cheesy Egg Burrito

- 16-oz package frozen corn
- 2 eggs scrambled for each member of your family
- ½ tsp salt
- 8 oz shredded cheddar cheese
- Whole-wheat or reduced-calorie tortillas
- Salsa

- Cook corn according to package instructions
- In a non-stick skillet, scramble eggs and salt until firm
- On each tortilla, place ½ cup scrambled egg, 2 Tbs cheese, ½ cup corn, and salsa
- Enjoy!



Math/Nutrition Connection: Salsa, mustard, and ketchup have only 5 Calories per tablespoon, while mayonnaise has 100 Calories per tablespoon. If you ate one sandwich each week and used one tablespoon of salsa instead of 1 tablespoon of mayonnaise, how many Calories would you save this year? (Answer on bottom of next page)

Shopping List for Recipe

- _____ 16 oz frozen corn
- _____ Eggs
- _____ Salt
- _____ 8 oz shredded cheddar cheese
- _____ Whole-wheat or reduced-calorie tortillas
- _____ Salsa

Families On The Move

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

Family projects get members talking and give everyone a common goal. As a family, discuss what you would like to do. This could be cleaning out the garage, building a snowperson, building a fort or tree house, or helping an elderly neighbor clean-up her yard. Brainstorm for ideas, and then make a date. Remember to have fun and allow each member of the family to do a part of the project that he/she enjoys!



Science Connection: Name 2 places where carbon dioxide comes from? What uses carbon dioxide? (Answers at bottom of page)

Health and Fitness Resources

Website

United States Department of Agriculture
www.MyPyramid.gov

Parent's Book

Healthy Kids by Marilu Henner and Lorin Henner, Regal Books, New York, NY 2001

Children's Book

The Healthy Body Cookbook: Over 50 Fun Activities and Delicious Recipes for Kids by Joan D'Amico, J. Wiley, New York, NY 1999

Video

Teaching Kids Good Nutrition, 1997 (Grades 3rd-6th) www.healthedco.com

Well-Balanced Dinner Idea

- 3 oz fish fillet
- ½ lemon, sliced
- 1 cup cooked, long-grain brown rice
- 1 tsp butter
- 1 cup cooked mixed vegetables
- 8 oz fat free milk



Nutrient of the Week

Biotin

Why we need it: a B vitamin that helps carry carbon dioxide out of the body and helps the body break down fats, carbohydrates, and proteins for energy

How much we need:

Children 1-3 = 8 µg (micrograms)/day

Children ages 4-8 = 12 µg /day

Children ages 9-13 = 20 µg/day

Females and Males ages 14-18 = 25 µg/day

Females and Males 19 and older = 30 µg/day

Nursing females = 35 µg/day

Best Food Sources:

Egg yolks, fish, whole grains

Biotin is also made by bacteria in GI tract

Healthful Biotin Snacks

1. Popcorn
2. Soy nuts
3. Hardboiled egg

Fit School Newsletter

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

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Information in this newsletter and from the 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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