



Small changes today for a healthier tomorrow

March 24 – March 30, 2008
Volume 5, Issue 28



Fit School Newsletter



Health Goal for the Week

Goal: Eat only fruits and vegetables for snacks for 1 day this week.

Plan as a family to eat only fruits and vegetables for snacks for one day this week. Before the week begins, choose as family which day will be "fruit/veggie snack day", find out what fruits and veggies each member of the family prefers and make a shopping list for the day. The day after the "fruit/veggie snack day", discuss how each member of your family felt during the day. Do they feel healthier today? Did they have any cravings during the day that weren't satisfied by the fruits and vegetables? Were they able to get through the entire day without eating any candy



or salty snacks? Would they like to try this day again?

Science/Nutrition Connection: Is there cholesterol in fruits and vegetables? (Answer at bottom of next page)

Math Connection: Jan and Tom are sister and brother. Both Jan and Tom decide to eat at least 1 ½ cups of fruit per day. On Monday, Jan drinks 1 cup of orange juice and ½ cup of apple juice. Tom eats 1 small orange (equals ½ cup fruit) and 1 apple (equals 1 cup fruit). How many calories does Jan get from fruit? How many calories does Tom get from fruit? What is the difference in calories for the day? If they continued this every day for a year, what would the difference in calories be at the end of the year? (Answers at bottom of next page)

1 cup orange juice = 120 Calories
1/2 cup apple juice = 60 Calories
apple = 80 Calories
small orange = 50 Calories

Recipe

Apricot Chicken

1-cup brown rice
4 boneless, skinless chicken breasts
¼ cup slivered almonds (optional)

Sauce

1 cup apricot preserves
4 TBLS cider vinegar
2 TBLS low-sodium soy sauce
1 tsp garlic powder
¼ tsp ginger powder

- Rinse chicken and remove extra fat
- In a 13x9x2 inch dish, mix sauce
- Add chicken and turn over several times so that apricot mixture covers each piece
- Let marinate in refrigerator at least 2 hours or overnight
- Preheat oven to 375°
- Cook brown rice according to directions
- Bake uncovered for 45 minutes, turning the chicken over half way
- Serve over brown rice
- *For an extra nutty treat, sprinkle slivered almonds on top during the last 15 minutes of baking



Shopping List for Recipe

- _____ 2 lb boneless, skinless chicken breasts
- _____ Apricot preserves
- _____ Cider vinegar
- _____ Low-sodium soy sauce
- _____ Garlic powder
- _____ Ginger powder
- _____ Slivered almonds (optional)

Families On The Move

Family Goal: As a family, make a pact to try moderate to vigorous exercise for at least 10 minutes.

When you exercise at a moderate or vigorous pace, it should feel somewhat uncomfortable. Because of the uncomfortable feeling, most people tend to exercise at a lower level. When you are exercising at a moderate or vigorous level, you should feel sweat on your skin and hear your breathing. The positive effects of higher intensity exercise is that it allows you to burn more calories in less time than lower intensity exercise. It also helps strengthen your heart, circulatory system, and lungs. One negative effect of moderate to vigorous physical exercise is that you are more likely to get injured. So remember to give yourself 5 minutes to warm-up at the beginning of your workout and 5 minutes to cool-down at the end of your workout. Working out at a higher level does get easier and more enjoyable the more consistent you become.

Health and Fitness Resources

Website

National Heart, Lung, and Blood Institute:
www.nhlbi.nih.gov

Parent's Book

The Get With The Program! Guide to Good Eating by Bob Greene, Simon & Shuster, New York, NY 2003

Children's Book

Healthy Food by Angela Royston, Heinemann Library, Chicago, IL 2003

Video

Get Ready Get Set Get Fit by Lauri Page, Moonstep Productions, Chicago, IL (Ages 4-12) 1999

Music CD

Moving With Mozart by Stewart, Buck, and Dana, Kimbo Educational, Long Brand, NJ 1999

Well-Balanced Lunch Idea

- 1 multi-grain roll
- 3 oz lean hamburger
- 4 baby carrots
- 3 cherry tomatoes
- 2 leaves spinach
- 1 TBLS mustard
- 8-oz fat free milk



Nutrient of the Week

Selenium

Why we need it: a trace mineral that is an antioxidant

How much do we need:

Children 1-3 = 20 µg (micrograms)/day

Children ages 4-8 = 30 µg/day

Children ages 9-13 = 40 µg/day

Females and Males ages 14 and older = 55 µg/day

Pregnant Females = 60 µg/day

Nursing Females = 70 µg/day

Best Food Sources:

Meat, seafood, wheat, and vegetables (if the soil where it was grown contained selenium)

1 oz mixed nuts = 119 µg selenium

3 oz tuna fish = 65 µg selenium

4 oz hamburger patty = 24 µg selenium

Healthful Selenium Snacks

1. Whole-grain pretzels
2. Tuna fish mixed with mustard on multi-grain crackers
3. Roast beef lunchmeat

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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