



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** For one night this week, plan for each member of your family to get at least 8 hours of sleep.

One night this week, plan for everyone in your household to get at least 8 hours of sleep. Chip in and share duties so that everyone in your house can have his/her chores finished at least 30 minutes before all members of your family plan to fall asleep. If you will be missing a favorite television show, set your VCR so that the show will be taped for the next night's viewing. The next evening, discuss how each member of the family felt throughout the day after getting 8 hours of sleep.



**Science Connection:** To find your pulse, take the tips your index and middle finger and place them on your wrist, just below your thumb. Move your fingers around until you feel a pulse. Count the number of beats you feel in one minute.

Cardiovascular exercise is exercise that gets your heart pumping and lungs breathing at a faster pace. Try this experiment. When you wake up in the morning and before you get out of bed, take your pulse. Your pulse is the number of times your heart beats in one minute. Write this number down. This number is called your "Resting Heart Rate".

Now, run around for 5 minutes and take your pulse again. Remember to count the number of beats you feel in one minute. Write this number down. Is the number higher or lower than your Resting Heart Rate?

## Recipe

### Honey Corn Bread

Cooking spray  
1 cup flour  
1 cup cornmeal  
½ tsp baking soda  
2 tsp baking powder  
1 tsp salt  
3 TBLS canola oil  
1 egg  
1 cup plain low- or non-fat yogurt  
3 TBLS honey

- Preheat oven to 350°
- Spray 9 inch cast iron skillet or baking pan with cooking oil
- In medium bowl, mix flour, cornmeal, baking soda and powder, and salt
- In another medium bowl, pour remaining canola oil and mix in egg, yogurt, and honey
- Combine wet ingredients with dry ingredients
- Stir all ingredients and pour into 9 inch cast iron skillet or baking pan
- Bake for 20 minutes

**Science Connection:** An average beehive produces about 25 lbs of honey in one season. How many miles do bees need to fly to make 1 lb of honey? (Answer on bottom of next page)

## Shopping List for Recipe

- \_\_\_\_\_ Cooking oil
- \_\_\_\_\_ Flour
- \_\_\_\_\_ Cornmeal
- \_\_\_\_\_ Baking soda
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Canola oil
- \_\_\_\_\_ Egg
- \_\_\_\_\_ Plain low- or non-fat yogurt
- \_\_\_\_\_ Honey

## Families On The Move

**Family Goal: Each member of your family does 5 push-ups one day this week.**

Starting any routine takes effort, but it doesn't need to be difficult. Small steps are the best way to start a plan and stick to it. This week, as a family, make a pact to do 5 push-ups. If possible, do this as a family. If you are not consistently doing push-ups, don't do any more for the week. After each member of the family reports doing his/her 5 push-ups, plan 2 days next week when you will each do 5 push-ups. By gradually adding push-ups into your routine, you won't notice the time it takes, and you'll start to feel muscles develop in your arms and chest!



## Health and Fitness Resources

### Website

Center for Disease Control's great website for kids! Body and Mind [www.bam.gov](http://www.bam.gov)

### Parent's Book

*Your Child's Fitness: Practical Advice for Parents* by Susan Kalish.  
Champaign IL: Human Kinetics, 1996

### Children's Book

*Picky Peggy* by Jennifer Dussling,  
Kane Press, New York, NY 2004

### Video

*Kid's Kitchen* (Pre-K – 4<sup>th</sup> grade) by Barbara Storper, MS, RD, FoodPlay,  
Florence, MA [www.foodplay.com](http://www.foodplay.com)

### Music CD

*Moving & Learning Series: Preschoolers & Kindergartners* by Rae Pica, with original music by Richard Gardzina. Clifton Park NY: Delmar Learning, 2000

## Well-Balanced Dinner Idea

- 1 cup chili topped with ¼ cup cashews and 1 TBLS mustard
- 1 slice corn bread
- 1 cup leafy greens
- 1 TBLS olive oil and 1 TBLS balsamic vinegar
- 8 oz fat free milk



## Nutrient of the Week

### Vitamin E

**Why we need it:** protects cell membranes from free radicals

**How much we need:**

Children ages 1-3 = 6 mg/day

Children ages 4-8 = 7 mg/day

Children ages 9-13 = 11 mg/day

Females and Males ages 14 and older = 15 mg/day

Nursing Females = 19 mg/day

**Best Food Sources:**

¼ cup sunflower seeds = 28 mg vitamin E

¼ cup almonds = 14 mg vitamin E

1 oz wheat germ = 3.8 mg vitamin E

½ cup yellow corn meal = 3.4 mg vitamin E

## Healthful Vitamin E Snacks

1. Pumpkin seeds
2. Homemade oatmeal cookie
3. Dried fruit and nut mix

### 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](http://www.TheFitSchool.com)

Science Answer: 55,000 miles = 1 ½ times around the world!