



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal:** Take 1 hour this week to plan for a healthy school year.

With a little planning, your family can have a healthy start to the new school year. Students who get enough sleep, eat a nutritious breakfast and lunch, and are physically active every day are able to stay alert throughout the school day and get better grades. According to the American Dietetic Association, children who eat breakfast “tend to have more strength and endurance, and better concentration and problem-solving abilities”. Below are 5 ways to help students (and parents!) have a healthy year:



1. Get a Good Night’s Sleep
2. Start with a Healthy Breakfast
3. Pack a Healthful Snack
4. Pack a Healthful Lunch
5. Get Enough Physical Activity

**Math Connection:** Tim walks to and from school every day. If Tim’s school is 1 mile from his house, and Tim burns 100 Calories for every mile he walks, how many Calories does he burn walking to and from school each week?



## Recipe

### Rainbow Fruit Salad

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, peeled and sliced
- 1 kiwi, peeled and sliced

### Honey Orange Sauce

- 1/3 cup 100% orange juice
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- 1/8 tsp nutmeg

- Prepare the fruit
- Combine all the ingredients for the sauce and mix
- Just before serving, pour honey orange sauce over the fruit

Yield: 12 servings    Serving Size: 1/2 cup  
 Each serving provides:  
 Calories: 96  
 Total fat: 1 g                      Saturated fat: less than 1 g  
 Cholesterol: 0 mg                Sodium: 4 mg  
 Recipe from USA.gov  
[www.nhlbi.nih.gov/health/public/heart](http://www.nhlbi.nih.gov/health/public/heart)

## Shopping List for Recipe

- \_\_\_\_\_ 1 large mango
- \_\_\_\_\_ Blueberries
- \_\_\_\_\_ 2 Bananas
- \_\_\_\_\_ Strawberries
- \_\_\_\_\_ Seedless grapes
- \_\_\_\_\_ 1 Kiwi
- \_\_\_\_\_ 100% Orange juice
- \_\_\_\_\_ Lemon juice
- \_\_\_\_\_ Honey
- \_\_\_\_\_ Ground ginger and nutmeg

## Families On The Move

**Family Goal:** Find out how much exercise you need each day, and plan for each member of your family to get at least the minimum amount of physical activity each day.

### MINIMUM DAILY ACTIVITY RECOMMENDATIONS\*

Infant = No specific requirements:

Encourage physical activity that helps motor development

Toddler = 1½ hours: 30 minutes planned and 60 minutes unstructured (free play)

Preschooler = 2 hours: 60 minutes planned and 60 minutes unstructured (free play)

School age = 1 hour or more: Break up into 15 minutes or more for each session.

Young children should not be inactive for more than 1 hour and school-age children 2 hours, unless they are sleeping.

\*Recommended by The National Association for Sport and Physical Education (NASPE) [www.aahperd.org](http://www.aahperd.org)

## Health and Fitness Resources

### Website

Healthful recipes from USA.gov  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

### Parent's Book

*American Heart Association Meals in Minutes Cookbook* American Heart Association New York, NY: Crown Publishing Group, 2002.

### Children's Book

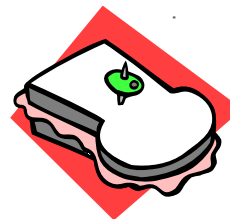
*The Monster Health Book: A guide to healthy eating, being active & feeling great for monsters and kids* by Edward Miller, Holiday House: NY 2006

### DVD

*Get Fit America for Kids!* Razor Digital Entertainment 2005.

## Well-Balanced Lunch Idea

2 slices whole wheat bread  
2 Tbsp low-fat plain yogurt  
2 oz cooked chicken, diced  
½ cup Rainbow Fruit Salad  
8 oz fat free milk



## Subject of the Week

### Let's Get Ready to Learn: School Lunch

Allow your child to build his/her own well-balanced lunch. Have your child choose a food from each list below. Sometimes his/her lunch will not look like a "traditional" lunch, but it will be healthy and well-balanced.

Protein: peanut butter, lean lunchmeat, chicken or turkey, nuts, legumes, soy nuts, eggs, canned light tuna or salmon (EPA recommends 12 oz or less per week due to risk of mercury consumption [www.epa.gov](http://www.epa.gov))

Grain (mostly whole-grain): bread, tortilla, pita, English muffin, low-calorie muffin, Nann bread, brown rice, mini-bagel ("regular" size bagels are high in calories)

Vegetables: snap peas, mini carrots, broccoli, cauliflower, cucumbers, cherry tomatoes, celery, sliced red, green, and yellow peppers \*All of the above can be served with low-fat ranch dressing

Fruit: apples, oranges, pears, peaches, pineapple, bananas, grapes, ¼ cup dried fruit (limit dried fruits and fruit juice because they are high in calories)

Dairy (mostly non- or low-fat): milk, yogurt, cottage cheese, string cheese

1/3 cup shredded cheese = 1 cup dairy

1 ounce of cheese (size of 2 dice) = 1 cup dairy

## Healthful School Day Snacks

1. Fruit: apples, pears, bananas
2. String cheese
3. Non- or low-fat yogurt

### 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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Math Answer: 1000 Calories