



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal:** Eat all of your food for the day by 7pm.

According to the American Dietetic Association, Americans spend over \$30 billion per year on weight loss products! You avoid spending on weight loss products by making small changes each week to live a healthier and fitter life. For one week, try to eat all of your food before 7pm. Most people tend to eat high calorie foods in the evening while watching TV or doing other activities. If you normally eat after 7pm, you will be saving yourself a lot of extra calories and a lot of extra pounds. Let's say you only ate 1 oz of Rold Gold® Fat Free Thin Pretzels every



evening (100 Calories over the Calories you needed for the day), you would gain an extra 10 pounds by the end of the year!

**Math/Nutrition Connection:** It takes about 3,500 Calories over what your body needs for the day to gain 1 pound. It also takes 3,500 Calories under what your body needs for the day to lose 1 pound. Let's say you are eating the amount of Calories your body needs and you decide to walk at a brisk pace (your heart beating fast!) 5 days per week for 30 minutes each time. You burn 8 Calories every minute, so each exercise session you burn a total of 240 Calories. If you do this 5 days per week, you would burn 1,200 Calories each week. How many pounds will you lose in 1 year? (Answer at the bottom of next page)

**Parent Tip:** To add extra iron to your family's diet, cook in an iron skillet.

## Recipe

### Spinach and Red Clam Sauce Pasta

- 16 oz whole-wheat pasta
- 2 TBLS olive oil
- 2 cloves garlic, minced
- 1 onion
- 4 tomatoes, chopped
- 2 TBLS whole-wheat flour
- 14 oz can low-sodium chicken broth
- ¼ tsp salt and pepper
- 1 can (10 oz) baby clams
- 10 oz frozen spinach, thawed and drained

- Cook pasta according to package directions and drain
- In a large skillet over medium heat, warm oil, add onion, cook for 3 minutes or until onion is softened
- Add garlic, stir and cook 30 seconds longer
- While stirring constantly, add flour and cook 30 seconds
- Add tomatoes, chicken broth, salt, and pepper
- Stir and bring to boil
- Lower heat, cover, and simmer for 10 minutes
- While stirring frequently, bring mixture back to a boil and add spinach and clams
- Heat through for about 1 minute
- In serving bowl, mix pasta and sauce mixture

## Shopping List for Recipe

- |                                      |              |
|--------------------------------------|--------------|
| _____ Garlic bulb                    | _____ Salt   |
| _____ Onion                          | _____ Pepper |
| _____ 4 tomatoes                     |              |
| _____ 1 lb whole-wheat pasta         |              |
| _____ Olive oil                      |              |
| _____ 10 oz baby clams               |              |
| _____ Whole-wheat flour              |              |
| _____ 14 oz low-sodium chicken broth |              |
| _____ 10 oz frozen spinach           |              |

## Families On The Move

**Each person in your family, add one physical activity this week.**

Small changes in your physical activity over time can make large changes in your life. Make a pact as a family to seek out one thing you can do each day to get moving more. For example, one family member may make a goal to always park at the furthest parking spot this week. Another family member may promise to walk the dog for at least 20 minutes per day this week. Finally, another member may decide to use the restroom on the fifth floor of her building this week, even though she works on the first floor!



## Health and Fitness Resources

### Website

American Academy of Pediatrics:  
[www.aap.org](http://www.aap.org)

### Parent's Book

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

### Children's Book

*Vitamins and Minerals for a Healthy Body* by Angela Royston, Heinemann  
Library, Chicago, IL 2003

### Video

*The Magic School Bus: Flexes Its Muscles: Let's put Every Body to Work*, Scholastic

### Audiotape / CD

*Goals! How to Get Everything You Want Faster Than You Ever Thought Possible* by Brian Tracey, The Audio Partners Publishing Corp., Auburn, CA 2003

## Well-Balanced Dinner Idea

- 3 ½ oz lean roast beef
- 1 medium baked potato topped with ¼ cup low-fat cottage cheese and 2 TBLS raisins
- ½ cup cooked green beans
- 1 small whole-wheat roll topped with 1 tsp butter
- 8 oz fat free milk



## Nutrient of the Week

### Iron

**Why we need it:** a trace mineral that helps to carry oxygen in the blood to all parts of your body

#### How much we need:

- Children ages 1-3 = 7 mg/day
- Children ages 4-8 = 10 mg/day
- Children ages 9-13 = 8 mg/day
- Females ages 14-18 = 15 mg/day
- Males ages 14-18 = 11 mg/day
- Females ages 19-50 = 18 mg/day
- Males ages 19 and older = 8 mg/day
- Females ages 51 and older = 8 mg/day
- Pregnant females = 27 mg/day
- Nursing females = 9 mg/day

#### Best Food Sources:

- 3 oz hamburger = 3 mg iron
- 3 oz roasted chicken or turkey = 1.5 mg iron
- ¼ cup dried pumpkin seeds = 5.2 mg iron
- ½ cup cooked garbanzo beans or chickpeas = 2.4 mg iron

The body more readily absorbs iron if it is eaten with Vitamin C and in animal products and fish form.

## Healthful Iron Snacks

1. Low-fat molasses cookies
2. ¼ cup raisins
3. Dried apricots

### 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)

Math/Nutrition Answer: 1200 Calories x 52 weeks = 62,400 Calories then 62,400 ÷ 3500 = 17.8 pounds lost in 1 year!



**Family Monthly Drawing Form  
Fit School Newsletter**

Please check-off and sign when you have done one or both of the family goals for the week. Return to \_\_\_\_\_ to be entered in a monthly drawing for great family prizes.

\_\_\_\_\_ Health Goal for the Week

\_\_\_\_\_ Families on the Move Goal for the Week

Parent Signature: \_\_\_\_\_

**Announcement for your school newsletter:**

Starting this week, you will find an entry form in the \_\_\_\_\_ for a monthly drawing for great family prizes. If your family has read *The Fit School Newsletter* and done the “Health Goal for the Week” and/or the “Families on the Move” goal for the week, parents may check-off the goal(s) and sign the form. Entry forms may be turned in to \_\_\_\_\_. Good luck!

**Ideas for monthly drawings for families:**

Aquatic center, golfing, bowling, ice-skating, roller-skating, YMCA pass, free race entry fee, fruit basket, grocery store gift certificate \*

\*Donated from area businesses: Businesses want to be associated with health and helping families get healthy!