



Small changes today for a healthier tomorrow

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# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, sit down as a family and plan out your holiday vacation. Plan to make healthy food and time choices over the holidays.

The average adult gains weight over the holidays. With all of the excitement and stress of the holidays, family gatherings, and parties, people are likely to eat more and exercise less. How can you prevent this from happening to you and your family? Here are some tips to help lessen the stress and save your waistline.

1. As a family sit down and plan out your holiday vacation on your family calendar. What obligations does each person have, and



- what are some things you would like to do as a family?
2. If you are buying gifts for the holidays, have each person make a list of the gifts he/she wants to buy, and then set a goal date by which to have all shopping finished.
3. Write down the times each person will exercise.
4. Plan what you will eat. Before going to a party or family gathering, plan what size portions and what kinds of food you will eat. Remember to think about what you are eating and how much. Now that you have a plan (even if your plan includes gravy and holiday cookies), enjoy what you are eating!

Now, after the holiday season, sit down as a family and talk about how the plan worked. Were you less stressed during the holiday vacation? Do you feel healthier? Hopefully, because you did some planning, your family had more time to have fun together.

## Recipe

### Hummus

- 15 oz can of chickpeas, drained
- 1 clove garlic
- 2 Tbs lemon juice
- 1/4 tsp salt
- 1/8 tsp pepper
- 3 Tbs peanut butter or tahini (sesame seed paste, it can be found in the deli section or near the peanut butter in most grocery stores)

Mix all ingredients in blender. Serve with raw vegetables (broccoli, cauliflower, carrots, celery), on low-calorie crackers, or bread.

Note: This recipe is not low fat or low-calorie, but is packed with vitamins and minerals and it's a great dip for getting kids to eat vegetables.

**Math Connection:** Let's say you just visited your family physician, and she said you would be healthier if you lost 30 pounds. Knowing that the healthiest way to lose weight is with a combination of healthy eating and exercise and to only lose 1 to 2 pounds per week, you decide to lose 1 pound per week. About how many **months** would it take you to be 30 pounds lighter and a lot healthier? (Answer at the bottom of next page)

### Shopping List for Recipe

- \_\_\_\_\_ Garlic bulb
- \_\_\_\_\_ Broccoli, cauliflower, carrots, celery
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ 15 oz can chickpeas
- \_\_\_\_\_ Lemon juice
- \_\_\_\_\_ Peanut butter or tahini (sesame paste, found in deli or by peanut butter in grocery store)

## Families On The Move

**Family Goal: During your holiday vacation, sit down as a family and write your New Year's Goals.**

The New Year is a great time to set goals. This year, instead of just keeping an idea of your New Year Resolutions in your head, sit down and write out your goals and a plan how you will achieve them during the year. People who write out goals and are specific about what they want to achieve are more likely to reach their goals. For example, here is a specific weight loss goal:

Goal: I weigh 160 pounds by December 21<sup>st</sup>. Here is how I will achieve this goal:

1. I eat at least 1 ½ cups of fruit every day.
2. I eat at least 1 ½ cups of vegetables every day.
3. I exercise for at least 20 minutes, five times per week.

Write out each of your goals following these examples, and you are looking at a very successful new year!

## Health and Fitness Resources

### Website

Wheat Foods Council  
[www.wheatfoods.org](http://www.wheatfoods.org)

### Parent's Book

*The Lunchbox Book* by Penny Stanway and Sara Lewis, Creative Publishing International, Minnetonka, Minnesota 2001

### Children's Book

*No More Vegetables!* By Nicole Rubel, Farrar, Straus, and Giroux, NY 2002

### Video

*This is Your Life!* (5<sup>th</sup>-12<sup>th</sup> grade) by Barbara Storper, MS, RD, FoodPlay, Forence, MA [www.foodplay.com](http://www.foodplay.com)

## Well-Balanced Lunch Idea

- 1 10" low-fat flour tortilla
- 1 TBLS hummus spread on tortilla
- Fill with 1 cup of your favorite vegetables and wrap
- 8 oz fat free milk



## Nutrient of the Week

### Folic acid (Folate)

**Why we need it:** A B Vitamin that helps make the DNA for all fast growing cells. Reduces the risk of babies being born with neural tube defects.

**How much we need:**

Children 1-3 = 150 µg (micrograms)/day

Children ages 4-8 = 200 µg/day

Children ages 9-13 = 300 µg/day

\*Females and Males ages 14 and older = 400 µg/day

Pregnant Females = 600 µg/day

Nursing Females = 500 µg/day

**Best Food Sources:**

½ cup cooked lentils = 175 µg of Folate

½ cup cooked pinto beans = 140 µg of Folate

½ cup cooked asparagus = 125 µg of Folate

1 oz fortified corn flakes = 100 µg of Folate

\*"Women whose family history shows a high risk of Neural Tube Defects (NTDs) should take 4 mg" US Surgeon General

## Healthful Folic Acid Snacks

1. 1 cup folic-acid-fortified whole-grain cereal with 1 cup fat free milk
2. Broccoli dipped in hummus, ketchup, mustard, or salsa
3. ¼ cup pumpkin seeds

### 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: About 7 ½ months