



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

Goal: Drink 8 (8-oz) glasses of water every day.

Water is the source of life. Our bodies are made up of 60 – 75% water. Water carries nutrients throughout our body, keeps body temperature constant, and helps in digestion. You can get the water your body needs from drinking water, milk, fruit or vegetable juice, and by eating water-based soups and juicy fruits.

Bottled water, tap water, filtered water...so many choices. Which type should I be drinking? The water that comes from our tap is regulated by the government and has to meet certain standards. If you are concerned about your tap water's safety, you can contact your local Public



Works Department to get a report of the water contaminants in your area. You can also use a water filter such as PUR® or Brita® in your home to further purify your water.

According to the International Bottled Water Association, Americans drank 5 billion gallons of bottled water in 2001, which is as much water that flows over the Niagara Falls in 2 hours! Bottled water is regulated by the Food and Drug Administration to make sure the water is safe for you and your family to drink.

Math Tip: Rinse a plastic gallon milk container. Using a liquid measuring cup and a funnel, have your child measure out 8 (8-oz) servings of water into the milk container. With a permanent marker, make a line after each 8-oz serving is added to the container and have the child figure out how many total ounces are in the container each time. Now, how many total ounces of water should you drink each day? (Answer at the bottom of next page)

Recipes

Fruit Spritzer

12oz can 100% juice concentrate
1-liter club soda
Ice

-In large container, mix juice concentrate with club soda. Add ice

Cinnaminy Apple Cider

64 ounces apple cider (100% juice)
3 cinnamon sticks, cracked
8 allspice berries
6 whole cloves
1 small washed, unpeeled orange, cut into ¼ inch slices

-Mix all ingredients in large saucepan
-Bring to boil, lower heat, and cover
-Simmer for 15 minutes
-Strain the cider into mugs and decorate with a cinnamon stick and orange slice if you like



Shopping List for Recipes

- _____ 12 oz 100% juice concentrate
- _____ 1 liter club soda

- _____ 64 oz apple cider (100% juice)
- _____ Cinnamon sticks
- _____ Allspice berries
- _____ Whole cloves
- _____ Small orange

Families On The Move

Family Goal: Take a walk and look for positive things in your neighborhood

Walking as a family is a great way to get your heart pumping and your mouth talking. During your walk, have each member of your family mention the positive things he/she sees in your neighborhood. This can be anything from flowers blooming to a new puppy at the Smith residence. Looking for positive things around you is a great way to instill pride in your family and your neighborhood.



Science Connection:
Which nutrient is the most important for life and makes up most of your body? (Answer at bottom of page)

Well-Balanced Lunch Idea

Tomato soup
Grilled cheese sandwich made with
1 TBLS butter, 1 oz cheddar cheese, and 2 slices whole wheat bread
Apple 8 oz fat free milk

Nutrient of the Week

Water

Why we need it: involved with most body functions

How much we need: About 8 (8oz glasses) per day. You can get some of your water for the day when drinking milk, eating soup, and eating juicy fruits. Drink more if you exercise or drink caffeine

Children ages 1-3=1.3 Liters/day

Children ages 4-8=1.7 Liter/day

Females 9-13=2.1 Liters/day

Males 9-13=2.4 Liters/day

Females 14-18=2.3 Liters/day

Males 14-18=3.3 Liters/day

Females 19 and older = 2.7 Liters/day

Males 19 and older = 3.7 Liters/day

Pregnant Females = 3 Liters/day

Nursing Females = 3.8 Liters/day

*1 Liter = 33.8 fluid oz and 1 Liter = 1.06 quart, 1 cup = 8 fluid oz

Best Food Sources:

Water from the tap, milk, water based (not cream-based) soups, and 100% fruit juice

* If you are drinking enough water, you should need to urinate every 2 to 3 hours. Your urine should be clear yellow. If you are not drinking enough, you will excrete dark colored urine and you are at risk for developing kidney stones.

Health and Fitness Resources

Website

US Food and Drug Administration
www.fda.gov (search: drinking water)

Parent's Book

Fundamental Motor Skills & Movement Activities for Young Children by Joanne M. Landy & Keith R. Burrige. West Nyack NY: The Center for Applied Research in Education, 1999.

Children's Book

A Cool Drink of Water by Barbara Kerley, National Geographic Society, Washington DC, 2002

Video

Water Cycle, Disney Educational Productions, Elk Grove Village, IL 2001

Healthful Water-Based Snacks

1. 100% real fruit Popsicle
2. Watermelon
3. Fat free milk

Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

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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: 64 ounces

Science Answer: Water