



Small changes today for a healthier tomorrow

September 15 – 21, 2008
Volume 6, Issue 3



Fit School Newsletter



Health Goal for the Week

Goal: This week, have each member of your family take one small step to become more nutritionally fit.

Becoming nutritionally fit takes planning and a conscience effort to change. Could you imagine feeding a million dollar racehorse candy bars, chips, and soda? Well, our bodies are worth much more than a million dollars, so why do we allow ourselves to eat in ways that are unhealthy?

As professional speaker, Jim Rohn asks, "What if instead of someone eating an apple a day to keep the doctor away, he or she messes up and



says, a candy bar a day keeps the doctor away."? Well, what will happen after the first day? Probably nothing. What will happen after a month? Probably nothing. But what will happen a year or 5 years down the road? If a person continues making little mistakes with his or her nutrition, eventually health problems will begin to creep in.

Start by becoming aware and making one small nutrition change. Here are some ideas to help you get started:

1. Eat an apple a day!
2. Eat a healthy breakfast each morning
3. Drink water and non-fat milk as your beverages
4. Eat all of your food before 7pm (Most foods eaten after this time are "junk food"!)
5. Eat one serving of a vegetable you do not like (Enjoy it for its nutritional content instead of its taste!)

Recipe

Very Lemony Chicken

- 1 ½ lb chicken breast, skin and fat removed
- ½ cup fresh lemon juice
- 2 TBLS white wine vinegar
- ½ cup fresh sliced lemon peel
- 3 tsp chopped fresh oregano or 1 tsp dried oregano, crushed
- 1 medium onion, sliced
- ¼ tsp salt
- ⅛ tsp black pepper
- ½ tsp paprika

1. Place chicken in 13x9x2-inch glass baking dish.
2. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.
3. Sprinkle with salt, pepper, and paprika.
4. Cover and bake at 325° F for 30 minutes. Uncover and bake 30 minutes more or until done.

Yield: 4 servings--Serving Size: One chicken breast with sauce

Each serving provides:

Calories: 154

Saturated fat: 2 g

Sodium: 202 mg

Total fat: 5 g

Cholesterol: 63 mg

Recipe from USA.gov

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

Shopping List for Recipe

- | | |
|-----------------------------|---------------|
| _____ 1 ½ lb chicken breast | _____ 1 Onion |
| _____ 1 Lemon | _____ Salt |
| _____ White wine vinegar | _____ Pepper |
| _____ Oregano | _____ Paprika |

Families On The Move

Family Goal: This week, have each member of your family take one small step to become more physically fit.

Becoming physically fit will make you feel better, think better, and do more of your regular, daily tasks with less effort. This week, have each member of your family look at what area of his/her physical fitness he or she would like to improve. Let's say dad would like to work on becoming more flexible. Could he find 5 minutes in his day to do a few stretches? Is there something you could do as a family to increase your muscle mass and cardiovascular fitness, like walking around the block? Be creative and help each other choose a new healthy physical fitness habit.

Math Connection: To improve her physical fitness, Beth decides to walk 1 mile per day. It will take her 20 minutes to do the walk and she will burn 100 Calories. How far will she walk, how many minutes will she walk, and how many Calories will she burn in 1 year? (Answer at bottom of page)

Health and Fitness Resources

Website

A Parents Guide to Healthy Eating & Physical Activity <http://www.smallstep.gov>

Parent's Book

The Harvard Medical School Guide to Healthy Eating for Kids: Eat, Play, and Be Healthy by W. Allan Walker, M.D., McGraw-Hill Books, 2005

Children's Book

Energy in, Energy Out: Food as Fuel by John Burstein, Slim Goodbody, Crabtree Publishing Company, 2008

Video

The Heart with Bill Nye the Science Guy, Disney Educational Productions, Elk Grove Village, IL, 2004

Well-Balanced Lunch Idea

Plowperson's Lunch

- 1 slice whole-wheat bread with 1-teaspoon butter
- 1 slice Cheddar cheese
- 1 apple cut into slices and drizzled with lemon juice (prevents browning and gives a little zingy taste)
- 5 snap peas
- 8 oz fat free milk



Nutrient of the Week

Fitness

Overall fitness helps you physically and mentally. Look at these areas and see if you can improve.

Nutritional Fitness:

- Having a well-balanced diet
- Eating a variety of foods
- Making healthy food choices
- Eating small portions throughout the day

Physical Fitness:

- Having and maintaining a healthy weight
- Moving a healthy amount throughout the day and every day
- Having a regular breathing pattern while walking

Mental Fitness:

- Learning throughout your life
- Developing and maintaining relationships
- Having fun!

Healthful "Fitness" Snacks

1. ½ cup oatmeal
2. Reduced-fat cream cheese and canned salmon on a whole-wheat cracker
3. Plum

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

Math Answer: 365 miles, 7,300 minutes or 121.6 hours, 36,500 Calories