



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Each family member writes down one thing you can do to become nutritionally fit.

This week, have each member of your family choose one way he/she can become nutritionally fit. Each person in your family can write down his/her nutrition goal and look at the goal each day. Following is a list of small nutrition goals that can make a big difference in your health:

1. I eat 1 apple each day this week.
2. I think about every food that I eat this week.



3. When eating this week, I only eat. (This means not eating while watching TV, reading, driving, or playing video games.)
4. I drink water and fat free milk as my beverage this week.
5. This week, I eat non-fried foods.
6. I eat fruit as my dessert this week.

Getting physically and nutritionally fit takes time and effort. Taking small steps each week toward a healthier lifestyle helps these small changes become habits and everyday routines for your family.

Math Connection: Let's say you currently do not exercise and decide today to start walking 1 mile per day. If you burn 100 calories each mile you walk, how many calories will you burn in 1 week, 1 month, and 1 year? If you need to burn 3,500 calories in order to lose 1 pound, how many pounds will you lose in 1 year?

Recipe

Hawaiian Macaroni Pizza

- 1 lb whole wheat macaroni
- 2 eggs
- Canola oil cooking spray
- 8 oz spaghetti sauce
- 4 oz shredded mozzarella cheese
- 8 oz pineapple tidbits, drained
- ½ lb lean, chopped, precooked ham (can use lunchmeat)

- Preheat oven to 375°
- Cook macaroni according to directions and drain
- Mix with eggs
- Spray 13x9x2 baking dish, cookie sheet, or pizza pan with oil
- Press macaroni mixture into the bottom of baking dish
- Cook for 10 minutes
- On top of macaroni mixture, spread spaghetti sauce
- Sprinkle with cheese, pineapple, and ham
- Bake 20 minutes



Almost all restaurants today offer healthier choices. For example Pizza Hut offers the Fit 'N Delicious cheese pizza that has 140 calories and 4 grams of fat per slice, while the Pan cheese pizza has 280 calories and 13 grams of fat per slice.

Shopping List for Recipe

- _____ 1 lb whole wheat macaroni
- _____ Eggs
- _____ Canola oil cooking spray
- _____ Spaghetti sauce
- _____ Mozzarella
- _____ Italian bread crumbs
- _____ Fat free milk

Families On The Move

Family Goal: Use the information in the "Subject of the Week" box to write a goal for each component of your physical fitness.

Breaking physical fitness down into its five components and setting goals for each of those components will help you become truly physically fit. By paying attention to all areas of your physical fitness early in life, you have the ability to stay strong, lean, and flexible well into old age.

Following are goal examples:

1. **Cardiorespiratory and Muscular Endurance:** I walk for at least 20 minutes 5 times per week.
2. **Muscular Strength:** I lift 5-pound hand weights for 2 minutes, 3 times per week.
3. **Body Composition:** I weight 150 pounds by December 31, 2009.
4. **Flexibility:** I stretch my legs and arms for 2 minutes each night before I go to bed.

*Depending on the type of exercise you choose, you can meet the criteria for several components of physical fitness with certain types of exercise.

Health and Fitness Resources

Website

www.cdc.gov/nccdphp/dnpa/physical/index.htm Centers for Disease Control and Prevention's site for physical activity info

Parent's Book

Active Start for Healthy Kids: Activities, Exercises, and Nutritional Tips by Stephen J. Virgilio, Human Kinetics 2005

Children's Book

The Busy Body Books: A Kid's Guide to Fitness by Lizzy Rockwell, Crown Publishers, New York, NY 2004

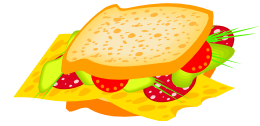
Video

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

Well-Balanced Lunch Idea

Sandwich made with 2 slices whole wheat bread, 1 Tbls low-fat mayonnaise, 1 Tbs sunflower seeds, ½ avocado, 2 tomato slices, 1 slice Swiss cheese, and ¼ cup bean sprouts.

Apple
Water



Subject of the Week

Physical Fitness

1. **Cardiorespiratory Endurance:** the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity (exercises include: walking, cycling, running, swimming, etc.)
2. **Muscular Strength:** the ability of the muscles to exert force during an activity (exercises include: weight lifting, rapidly taking stairs, isometric exercises, etc.)
3. **Muscular Endurance:** ability of the muscles to continue to perform without fatigue (exercises include: walking, dancing, running, cycling, etc.)
4. **Body Composition:** the relative amount of muscle, fat, bone, and vital parts of the body
5. **Flexibility:** range of motion around a joint (exercises include: stretching, yoga, swimming, etc.)

*All information from the Department of Health and Human Services, Centers for Disease Control and Prevention: Components of Physical Fitness: www.cdc.gov/nccdphp/dnpa/physical/components/index.htm.

Healthful Snacks

1. Cauliflower with low-fat ranch dressing
2. ¼ cup almonds
3. 1 cup toasted oats cereal

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: 1 week=700 1 month=3,000 1 year=36,500 Calories = 10.4 pounds!