



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: As a family, sit down and write down all of your favorite grilled, stovetop, and cold meals. Plan some summer friendly meals, and decide who will make meals each night of the week.

Since summer vacation is just around the corner, get the whole family involved in meal planning. Get out your family recipe cards and recipe books or look on the Internet and find some easy, healthy, and quick summer recipes that your family will enjoy. Each member of your family chooses the night he/she prefers to make the family dinner. Even the youngest children can get involved and choose. If they



choose whole-grain cereal and milk for dinner, just try to make sure the rest of the day balances out. There is one last perk for planning and eating dinner as a family; there are many studies that conclude that families that eat dinner together every day are healthier physically and mentally.

Math Connection: If you walk at a brisk pace for 30 minutes, 5 times per week, and burn 8 Calories each minute, how many Calories would you burn each workout, each week, and each year? (Answer at bottom of next page)



Recipes

Two Meals in One

1. Grilled Apple Chicken

- 6 boneless, skinless chicken breasts
 - 2 cups brown rice
 - Leafy greens, tomatoes, cucumbers
 - 1 TBLS canola oil or olive oil-based salad dressing
- Marinade
- | | |
|------------------------|-------------------------|
| 1 cup 100% apple juice | 1 small onion, minced |
| ¼ cup wine vinegar | 2 cloves garlic, minced |

- Mix all marinade ingredients in airtight container
- Place chicken in container with mixture
- Refrigerate 2 hours or overnight
- Turn chicken over at least once while marinating
- Grill chicken and discard marinade
- Serve chicken with brown rice, leafy green salad, and slices of apples for decoration and dessert
- Save half of the chicken, brown rice and salad for a meal 1 or 2 days later

2. Chicken Fajitas

- Left over grilled chicken breasts, cubed
- Left over brown rice
- 4 oz shredded cheddar cheese
- Salsa
- Left over salad
- Low-fat flour tortillas

- On flour tortilla, place ½ cup cubed chicken, ¼ cup rice, and 2 TBLS cheddar cheese
- Heat in microwave for 40 seconds
- Add ½ cup salad mixture and salsa
- Enjoy an easy, nutritious meal!

Shopping List for Recipes

_____ 4 oz shredded cheddar cheese	_____ Onion
_____ 6 chicken breasts	_____ Garlic bulb
_____ 100% apple juice	_____ Salad greens
_____ Wine vinegar	_____ Salsa
_____ Brown rice	_____ Salad dressing
_____ Low-fat tortillas	

Families On The Move

Family Goal: As a family, discuss and write down how each member of your family will meet at least the minimum requirements for exercise set by the American College of Sports Medicine (See "Subject of the Week").

The US Department of Health and Human Services lists these benefits of adding physical activity to your life:

- Strengthens your heart and lungs
- Helps you lose weight and control your appetite
- Lowers blood pressure
- Lowers blood cholesterol
- Helps you sleep better
- Helps reduce stress
- Gives you more energy

Isn't a little bit of effort worth all of this and more?!



Health and Fitness Resources

Website

American College of Sports Medicine
www.acsm.org

Parent's Book

Fitness for Dummies by Liz Neporent,
Hungry Minds, 1999

Children's Book

Carbohydrates for a Healthy Body by
Hazel King, Heinemann Library, Chicago,
IL 2003

Video

Little Kicks Fitness Workouts for Kids:
100% Pure Fun: Bright Minds by Big
Kids Productions, San Antonio, TX (Ages
3 and up) 2003

Well-Balanced Lunch Idea

½ cup garbanzo beans
3 oz tuna fish (packed in water and drained)
1 medium tomato (diced)
1 medium carrot (chopped)
Mix above ingredients and sprinkle with 1 tsp
olive oil and 1 TBLS balsamic vinegar
Serve on triangles of Nann bread or whole-
wheat tortilla

8 oz fat free milk

Subject of the Week

American College of Sports Medicine Exercise Guidelines

- Exercise 3 to 5 days per week
-If your goal is to lose weight, do at least 30 minutes of aerobic activity at least 5 days per week.
- Gradually increase your heart rate to reach your Target Heart Rate (To calculate your Target Heart Rate visit www.cdc.gov/physicalactivity/everyone/measuring/hearttrate.html) Warm up for 5 to 10 minutes before reaching your Target Heart Rate range.
- Maintain your exercise intensity for 30 to 45 minutes.
- For the last 5 minutes of your workout, gradually decrease your intensity, slowing your heart rate.
- Finally, stretch for 5 minutes.

Healthful Pre and Post Exercise Snacks

1. Water! - You only need the extra calories and electrolytes from a sports drink if you are training at a high intensity for over an hour
2. Banana - If you workout before breakfast or right after work, see if your stomach can tolerate this potassium-packed fruit before exercise
3. Milk - Great for post-workout protein booster

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: Each workout=240 Calories, Per Week=1,200 Calories, Per Year= 62,400 Calories which equals almost 18 pounds!