



Small changes today for a healthier tomorrow

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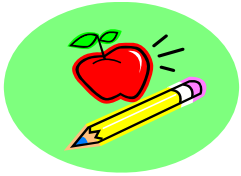
# Fit School Newsletter



## Health Goal for the Week

**Goal:** This week, spend a half hour planning how each person will eat well during the school year.

Taking a half hour to plan out your snacks and meals for the school year can make an amazing improvement in your family's health. It is said that most people spend more time on planning a vacation than on taking time to plan things that would have a great effect on their lives. By keeping a family calendar to track everyone's activities and a family notebook to keep track of important family information, favorite family recipes, shopping lists, and food preferences can not only save a tremendous amount of time for your family, but also improve the health of your family.



### Planning Your Nutrition

- Get out all of your recipe books and have each person make a list of his/her favorite meals (you can look on-line for lower-calorie versions)
- Have Each person make a list of his/her favorite healthy snacks (go to [www.TheFitSchool.com](http://www.TheFitSchool.com), "Free Items", then click on "Healthier Snack Choices Sheet" for examples)
- Plan which day (and which person!) will do the shopping so that healthier choices like fruits and vegetables are always available

## Recipe

### Tropical Morning Treat

- 1/4 cup orange juice
- 1 apple
- 1 orange
- 1 banana

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Nutrition Facts			
Serving Size 1/2 cup, 1/4 of recipe (112g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 70</b>	<b>Calories from Fat 0</b>		
% Daily Value*			
<b>Total Fat 0g</b>	<b>0%</b>		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 0mg</b>	<b>0%</b>		
<b>Total Carbohydrate 17g</b>	<b>6%</b>		
Dietary Fiber 2g	8%		
Sugars 12g			
<b>Protein 1g</b>			
Vitamin A 2%	Vitamin C 35%		
Calcium 2%	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Shopping List for Recipe

- \_\_\_\_\_ Orange juice
- \_\_\_\_\_ Apple
- \_\_\_\_\_ Orange
- \_\_\_\_\_ Banana

## Families On The Move

**Family Goal:** This week, spend a half hour planning how each person will get his/her physical activity during the school year.

Planning your exercise is the first step toward a healthier lifestyle. Take some time this week to sit down with your family calendar and plan a realistic exercise schedule for each family member. Set up some guidelines (for parents too!). A sample guideline would be: no TV, videogames, or computer time until you have spent at least 30 minutes being physically active. While this may seem too restrictive, isn't your family's health worth it?

**Math Connection:** Let's say you decide to record all of your favorite TV shows and use the time that would have been spent watching commercials to walk 30 minutes each day. If you burn about 100 Calories per 10 minutes of walking and it takes 3,500 Calories to lose 1 pound, how many Calories would you burn and how many pounds would you lose in 1 year? (Answer at bottom of page)

## Health and Fitness Resources

### Website

USDA Nutrition Site  
[www.Nutrition.gov](http://www.Nutrition.gov)

### Parent's Book

*EatingWell Comfort Foods Made Healthy: The Classic Makeover Cookbook* by Jessie Price, Countryman Press, 2009

### Children's Book

*Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great* by Lilian Cheung and Mavis Jukes, Crown, 2003

### DVD

*Healthy Habits 101: Teaching Kids to Stay Healthy of Life!* by Big Kids Productions, SmartKids 101 Series, 2008

## Well-Balanced Lunch Idea

½ cup chopped chicken breast mixed with

- 1 TBLS chopped apple
- 1 TBLS raisins
- 1 TBLS low-fat mayonnaise on

2 slices whole wheat bread

String cheese

½ cup sliced peaches in their juice

5 baby carrots

## Subject of the Week

### Planning the School Year

#### Nutrition

1. Make a list of the family's favorite meals
2. Make a list of each person's favorite healthy snacks
3. Have a scheduled time each week for one family member to shop
4. Purchase at least 2 fresh fruits per person per day
5. Choose fruits, vegetables, whole-grains, water, and fat-free milk

#### Exercise

1. Have each family member write down all of the physical activities he/she enjoys
2. Have each person plan (on paper) his/her consistent exercise schedule
3. Walk together as a family
4. Exercise together during TV commercials
5. Limit screen time for all family members

\*Support and encourage each other in being healthy!

## Healthful Snacks

1. ½ cup blackberries mixed w/ ¼ cup non-fat plain yogurt
2. ½ cup whole-grain cereal in ½ cup fat-free milk
3. Cantaloupe

### 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](http://www.TheFitSchool.com)

**Math Answer:** 109,500 Calories and 31.3 pounds lost!