



Small changes today for a healthier tomorrow  
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# Fit School Newsletter



## Health Goal for the Week

**Goal:** For 3 days this week, have each member of your family keep a food diary.

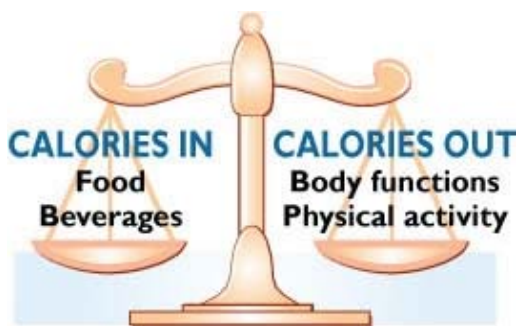
By keeping a food diary for 3 days, you can find out the areas where you can improve in your eating habits. For 3 days this week, have each member of your family write down when, what, and how much he or she eats. The USDA has a great way to track and assess your diet at [www.MyPyramidTracker.gov](http://www.MyPyramidTracker.gov). Knowing where you can improve in your diet is the first step in being the healthiest person you can be. Examine your food diaries and make sure that



you are getting the recommended amount of each nutrient. Look at your total calories for each day to determine if you are in energy balance. (See Subject of the Week on the next page)

### Energy Balance

Energy Balance occurs when the amount of energy (Calories) you take in as food and drinks is equal to the amount of energy you use. (Calories used for everything your body does).



## Recipe

### Baked Chicken Nuggets

- 1 1/2 pounds chicken thighs, boneless, skinless
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

#### Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Recipe provided by USDA

[http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=265](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=265)

## Shopping List for Recipe

- \_\_\_\_\_ Boneless, skinless chicken thighs
- \_\_\_\_\_ Cornflake crumbs
- \_\_\_\_\_ Italian herb seasoning
- \_\_\_\_\_ Garlic powder
- \_\_\_\_\_ Onion powder
- \_\_\_\_\_ Paprika

## Families On The Move

**Family Goal:** This week, have each family member start increasing his or her muscle mass.

According to the National Institutes of Health, muscle tissue uses three times more Calories during rest than fat tissue. Therefore, the more muscle mass you have on your body, the more Calories you will use. Building muscle mass can start with as little exercise as five minutes per day. This week, have each member of your family start a muscle building routine. This can be as simple as doing push-ups against a wall while waiting for your food to heat up in the microwave, lifting small hand weights while watching TV, or doing five sit-ups as soon as you wake up in the morning.

**Math Connection:** Let's say you decide to do 5 minutes of calisthenics each morning and you burn about 500 Calories per hour. How many Calories will you burn from doing your 5-minute routine each morning in one year? If it takes a 3,500 Calorie deficit to lose one pound, how many pounds would you lose in one year? (Answer at the bottom of page)

## Health and Fitness Resources

### Website

[www.cdc.gov/healthyweight/calories](http://www.cdc.gov/healthyweight/calories)  
Centers for Disease Control and Prevention's site for Balancing Calories

### Parent's Book

*Childhood Obesity: a parent's guide to a fit, trim, and happy child*, by Goutham Rao, Prometheus Books 2006

### Children's Book

*I.Q. Gets Fit* by Mary Ann Fraser, Walker & Co, New York, NY 2007

### DVD

*Scott Cole's Get America Fit for Kids*, 2006

Math Answer: 15,208 Calories 4.3 pounds

## Well-Balanced Lunch Idea

Low-sodium noodle soup in thermos  
5 whole-wheat crackers  
Broccoli with low-fat Ranch dressing  
Apple  
8 ounce fat-free milk



## Subject of the Week

### Energy Balance

If you are...	Your caloric balance status is...
<b>Maintaining your weight</b>	<b>"in balance."</b> You are eating roughly the same number of calories that your body is using. Your weight will remain <b>stable</b> .
<b>Gaining weight</b>	<b>"in caloric excess."</b> You are eating more calories than your body is using. You will store these extra calories as fat and you will <b>gain</b> weight.
<b>Losing weight</b>	<b>"in caloric deficit."</b> You are eating fewer calories than you are using. Your body is pulling from its fat storage cells for energy, so your weight is <b>decreasing</b> .

Provided by The Centers for Disease Control  
<http://www.cdc.gov/healthyweight/calories/#Striking%20a%20Balance>

## Healthful Snacks

1. Grapes
2. Baby carrots
3. Star Fruit

### 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.  
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