



Small changes today for a healthier tomorrow
September 13 - 19, 2009
Volume 7, Issue 3



Fit School Newsletter



Health Goal for the Week

Goal: This week, have each family member make one positive change in his/her nutritional health.

If you make one, small positive change in your health each week, in one year you will be amazed with how great you feel. Have each member of your family choose a healthy nutritional change or healthy addition this week. Here is a list of ideas to help you get started:

- 1. Drink water and non- or fat-free milk for your beverages
2. Limit soda to one day per week



- 3. Eat an apple, orange, and/or banana each day this week
4. Eat fruit as your dessert
5. Place more vegetable and whole grains on your plate than meat
6. Eat smaller portions by using smaller plates and bowls
7. Eat all of your food before 7pm every night
8. Increase your fruits and vegetables by one per week
9. Eat breakfast each day
10. When eating, only eat (no watching TV, playing video games, reading)

Math Connection: A 20-ounce soda has 250 Calories. If you drink one 20-ounce soda each day of the week, how many Calories would you be consuming each week and each year? This is the number of Calories you could eliminate from your diet if you drank water instead. Water has zero Calories. (Answer at the bottom of next page)

Recipe

Tangy Crisp Vegetable and Pasta Salad

- 1/2 cup pasta, uncooked such as shells, macaroni, etc.
1/4 cup vinegar
2 Tablespoons sugar
1/2 teaspoon garlic powder
1/8 teaspoon black pepper
1/2 medium peeled, seeded, and coarsely chopped cucumber
1/2 medium thinly sliced carrot
1/2 medium coarsely chopped tomato
1/4 coarsely chopped green pepper
1/2 cup coarsely chopped broccoli florets
1/2 cup thinly sliced radishes
2 Tablespoons coarsely chopped onion, green or red

-Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
- Meanwhile, in a small saucepan, combine vinegar, sugar, salt, garlic powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.
-Rinse, drain, and chop remaining ingredients. Combine in a shallow container, such as an 8x8 inch pan.
-Add cooked pasta, and vinegar mixture. Mix gently.
-Cover and refrigerate overnight to allow flavors to blend.
-Cover and refrigerate leftovers within 2 hours.

Shopping List for Recipe

- _____ Pasta
_____ Sugar
_____ Pepper
_____ Carrots
_____ Green Pepper
_____ Radishes
_____ Vinegar
_____ Garlic powder
_____ Cucumber
_____ Tomatoes
_____ Broccoli
_____ Onion

Recipe adapted from USDA
http://recipefinder.nal.usda.gov/

Families On The Move

Family Goal: This week, have each member of your family make a list of the five components of physical fitness and list the exercise he/she will do to increase his/her fitness in each area.

Taking care of your health is one of the most important things you can do in your life. Physical fitness is a big component of health. It takes effort, but the benefits make it worth every minute. Have each member of your family write a list of the five components of physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility. Now, after each component, write the type of exercise you will do this week to include that physical fitness component. Adding all components of physical fitness to your life will keep you strong, fit, flexible, and able to do fun activities throughout your life.

Health and Fitness Resources

Website

www.healthierUS.gov/exercise US Department of Health and Human Services Healthier US

Parent's Book

Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight by Sothern, Shumacher, Almen, HarperCollins Publishers, 2003

Children's Book

Exercise by Liz Gogerly and Mike Gordon, Crabtree Publishing Company 2008

DVD

Kick to Get Fit Jr. for Kids by Rich Grogan, Grogan's Martial Arts & Fitness, 2002

Well-Balanced Lunch Idea

- 1 Whole-wheat tortilla
- ½ cup fat-free refried beans
- 1 TBLS Cheddar cheese
- ¼ cup chopped tomato
- 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)
2. **Muscular Strength:** the ability of the muscles to exert force during an activity (exercises include: weight lifting, rapidly taking stairs, isometric exercises)
3. **Muscular Endurance:** ability of the muscles to continue to perform without fatigue (exercises include: walking, dancing, running, cycling)
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)

*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. 1 cup cereal mix
2. Sliced banana dipped in low-fat yogurt
3. Apple slices topped with cheese

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 = 1,750 Calories 1 year = 71,000 Calories = 22 pounds!