



Small changes today for a healthier tomorrow

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Fit School Newsletter



Health Goal for the Week

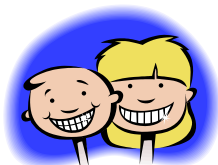
Goal: Make one appointment for your family's health this week.

The best gift you can give your family this holiday season is good health. This week, take a step to take care of your family's health. Schedule a doctor or dentist appointment you've been putting off until "a better time". Make a list of questions and concerns you have about yourself or other members of your family. Or, ask your physician for a referral for you and your family to see a registered dietician (RD). Before you visit the RD, have each person in your family write down everything he/she eats for 3 days. Also, write down the amounts and



times that you eat. The more information you go into your appointment with, the more helpful the session will be.

According to speaker Jim Rohn, "An apple a day keeps the doctor away". He asks, "What if that's true? You say, that's easy to do. Then why aren't you doing it? Because it's easy not to do." It's the simple things we do each day, like making doctor, dentist, or registered dietician appointments, eating an apple, exercising at least 30 minutes... that can not only add years to our lives, but also make it a healthy, vibrant life. Teach your family to take care of their bodies each day so they can live fun, productive, happy lives!



Recipe

Yummi-Mini Meatloaves

- Canola oil spray
- 2 carrots
- 1/2 small green and red pepper, seeded and cored
- 1 egg, beaten
- 1/3 cup ketchup
- 1/2 tsp each onion salt and garlic powder
- 1/8 tsp black pepper
- 2 slices 100% whole wheat bread, crumbled
- 1/2 cup cheddar cheese, shredded
- 1 lb extra lean ground beef
- Preheat oven to 375°
- In food chopper, grate carrots and peppers
- Spray saucepan with canola oil and place over medium heat
- Add grated carrots and peppers and cooked covered for about 4 to 6 minutes, stirring occasionally, let sit to cool
- In a large bowl, mix egg, ketchup, onion salt, garlic powder, and black pepper
- Next, mix in crumbled bread, cheese, and ground beef
- Add carrots and peppers and mix well
- In non-stick muffin tin, spoon in 1/3 cup mixture into each hole
- Bake uncovered for approximately 30 minutes or until meatloaves are slightly brown

Shopping List for Recipe

- _____ Canola oil spray
- _____ Carrots
- _____ Green and red peppers
- _____ Egg
- _____ Ketchup
- _____ Onion salt
- _____ Garlic powder
- _____ Black pepper
- _____ Whole wheat bread
- _____ 8 oz Cheddar cheese
- _____ 1 lb extra lean ground beef

Families On The Move

Family Goal: Each person in you family increase his/her time exercising by 5 minutes each day this week.

By increasing your time exercising by only 5 minutes each day this week, you will burn 350 extra Calories and get more of the benefits of your workout. According to the United States Department of Agriculture (USDA) and the Centers for Disease Control and Prevention, exercise

- Reduces the risk of heart disease, stroke, colon cancer, diabetes, and high blood pressure
- Keeps heart and lungs healthy
- Builds and maintains healthy bones, muscles and joints
- Reduces symptoms of anxiety and depression
- Lowers both total cholesterol and triglycerides
- Helps control and maintain a healthy weight



Health and Fitness Resources

Website

www.fns.usda.gov/eatsmartplayhardhealthy
thylifestyle USDA's Eat Smart. Play Hard. Healthy Lifestyle Program

Parent's Book

We Can! A Parent Handbook by National Institutes of Health free at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/learn-it/index.htm

Children's Book

Why Should I Eat Well? (Why Should I? Books Series) by Gordon and Llewellyn, Barron's Educational Series, Inc. 2005

Video

Healthy Habits = Healthy Children Video, 2001 (Grades 7-adults)
www.healthedco.com

Well-Balanced Lunch Idea

- 1 enriched or whole-grain tortilla
- ¼ cup black beans
- ¼ cup brown rice
- 2 TBLs shredded carrots
- 2 TBLs shredded cheddar cheese
- 2 TBLs salsa
- 1/2 cup shredded salad greens
- 8 oz fat free milk



Subject of the Week

Disease Prevention Nutrition

- Choose more whole grains, fruits, vegetables, and fat-free or low-fat dairy products
- Choose foods that are lower in Calories and higher in vitamins and minerals
- Eat smaller portions of food
- Eat a healthy, low-fat, high-fiber breakfast every morning
- Drink plenty of water throughout the day
- Eat lean meats, poultry, fish, beans, eggs, and small portions of nuts

Exercise HHS/USDA Dietary Guidelines

Adults = Most days of the week: 30 minutes of moderate-intensity physical activity to prevent disease and 60 minutes of vigorous-intensity physical activity to avoid gradual weight gain

Children and Teens = Most days of the week: 60 minutes of physical activity

Healthful Snacks

1. Low or non-fat cottage cheese with peaches on top
2. Strawberries dipped in low-calorie whipped topping
3. Whole-wheat mini bagel

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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