

HEALTH NEWS

YOU CAN USE



Don't eat breakfast cereals that change the color of the milk.

~Michael Pollan

I Pledge to Live Healthier by:
Eating from the five food groups
Being active at least 60 minutes each day
Drinking lots of water
Reducing my screen time
Getting plenty of sleep at night

FITNESS ACTIVITIES

Winter has arrived and youth may need incentives to go outside for fresh air and exercise. Some ideas:

- ~**Decorate** a tree, a bush or a fence with colored streamers to blow in the wind.
- ~**On** a sunny day, sit in a sunny spot and then go to the shade to compare the difference in temperature.
- ~**Have** a winter picnic at a park. Take a blanket to sit on and a thermos with hot soup or cocoa plus warm sandwiches in an insulated bag.
- ~**Take** a sketch book and have everyone draw pictures of trees, clouds, houses, animals.
- ~**Listen** for birds. Count the different bird calls, compared to the number heard in the summer.
- ~**Take** a nature hike and identify trees by their bark.

When it snows, activity possibilities are endless:

- ~**Become** an artist and create masterpieces in the snow, using spray bottles with water and food coloring.
- ~**Find** a hill and go sledding; if there's no sled, use a large trash bag with loops and put the loops over your shoulders.
- ~**Build** a snowman (or snowgirl or snowdog) or a snow fort. Have a snowball fight. Make snow angels.

FAST FACT

Ineffective breathing can decrease oxygen, draining your energy. Most people take 12 – 16 breaths per minutes, while it should be 8 – 10. Make your exhale as long as your inhale to get rid of all the bad air. Practice each night before going to sleep.

NUTRITION TIPS

We often make food and beverage choices without realizing that we're sabotaging our efforts at healthful eating. Hidden calories can lurk everywhere:

Coffee Specialties: Whole milk and added flavorings load coffee with calories. Order yours with skim milk and skip the flavored sugary syrups. Just sprinkle some cocoa or cinnamon powder on the frothy milk.

Salads: If a fast-food salad is topped with crispy chicken, cheese, bacon bits, croutons, and dressing, it can have 30 grams of fat and 500 calories! Say no to the bacon, use half the cheese and half of the dressing packet.

Subs: In spite of Jared's success, we need to be careful when eating subs. Order a small size sandwich on whole wheat bread, leave off the cheese, and choose roast turkey or roast beef instead of tuna or chicken salad. Use lots of veggies and hold the mayo.

Juices: Drink only 100% fruit juice in a small juice glass. Or better yet, eat the whole fruit. An 8-ounce glass of orange juice has 120 calories, while a whole orange has only 60 to 70 calories, plus fiber.

Diet Soda: Diet soda may cause us to eat more calories (or we may simply use it as an excuse to indulge in other foods). Either way, soda has *no* nutritional value. Instead, drink unsweetened iced tea with lemon, water or 100% fruit or vegetable juice (Remember: 1 cup = 2 fruit servings for the day.)

Energy Drinks: They have more sugar and calories than juice, and there are usually at least three servings in a bottle. Cold water is a better choice.

