

HEALTH NEWS

YOU CAN USE



Our brains are more active when we're sleeping than watching television.

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

How can adults can make sure that the time children spend outdoors during recess or after school has maximum value for them?

- Set a course on the playground, and each day of the week, youth can use a different form of locomotion to traverse it: Skip one day, then gallop, run backwards, side slide, leap, march, do walking lunges and heel walk (strike the ground with the heel first).
- Set a shorter course and have children choose more challenging ways of moving around it: crabwalk, tip toe walk, high knee skip, hop, frog jump, dance.
- Have youth start with a number of jumping jacks that stretches them slightly and then each week, add two more. Have them set a goal for how many jumping jacks they want to be able to do by the end of the semester.
- Make sure there is equipment available for climbing, chasing, batting, kicking, catching, balancing, hanging, swinging, stretching, pushing and pulling.

FAST FACT

Doctors ask their patients about smoking, alcohol consumption and dietary habits, since all affect health. But inactivity is also linked to chronic diseases, so that should be part of the discussion during office visits, too.

HOLIDAY NUTRITION TIPS

The average Thanksgiving dinner has 2,000 – 3,000 calories. With the other food you eat that day, it can be a 4,500-calorie day. A few tips to help you through this day that focuses more than any other on FOOD!

- Watch your portion size. You can sample more foods if you keep the portions small.
- Skip the skin of the white turkey meat. It adds lots of calories and fat grams.
- Since sweet potatoes are already sweet, just add a touch of honey or syrup instead of brown sugar and marshmallows.
- Concentrate on foods you don't eat very often, and go light on the butter.
- Fill half of your plate with vegetables and the other half with traditional Thanksgiving fare: turkey, stuffing, mashed potatoes.
- Don't go to the table hungry—that's when we often eat faster and more. Eat regular meals earlier in the day.
- Drink plenty of water to keep you feeling full and hydrated.

If some of your good intentions fail, don't beat yourself up. One big holiday dinner isn't going to make you fat any more than a day or two of serious dieting is going to make you thin. When it comes to maintaining a healthy weight, or even just trying to eat a healthy diet, don't focus too much on your *best* days or your *worst* days. In the long run, what really matters is how you eat *most* days.

