

HEALTHY FAMILIES

A Middle School Program for Diabetes Prevention

Volume 3, Fall 2008

Small Steps to Healthy Living.

Balancing healthy eating with physical activity can be hard – especially while trying to balance family, school and work. Here are some small steps to help families put healthy eating and physical activity into their day:

	Morning	Afternoon	Evening
1	<p>Eat a healthy breakfast. This helps children perform better in school. Tip: Choose cereals with less than 10 grams of sugar per serving, use skim or 1% low fat milk and add fresh fruit.</p>	<p>Eat a fruit or vegetable at lunch. These are good for you and can help satisfy your hunger. Tip: Cut up vegetables at the start of the week or have a bowl of fruit available on the kitchen counter.</p>	<p>Avoid food traps. Feeling very hungry after work or school may lead to food traps, like stopping at a fast food restaurant. Tip: Keep healthy snacks, like 100 calorie packs or fresh fruit, in your bag or car.</p>
2	<p>Get Up and Move. Start the day with physical activity. If you do, you are more likely to stick to the plan. Try walking to school with the kids or an exercise video at home.</p>	<p>Find small ways to be more active. Take the stairs, walk at lunch, park further away, and get up and move every hour. Every minute counts!</p>	<p>Activity Counts. Aim for 30 to 60 minutes of activity each day. That's just a bit more than 1 minute each half hour. Get your minutes by family walks, lifting weights or being active indoors.</p>
3	<p>Set a Daily Healthy Goal. Make it specific and realistic. For example, "Today I am going to walk 15 minutes during lunch and after dinner."</p>	<p>Keep Track of Your Progress. Write down your goal(s) each week where your family can see them.</p>	<p>Reset your goals. When you meet short-term goals for a healthy lifestyle, try another one. Variety is the <i>spice of life</i>.</p>



Fitness Feature: Walking

Walking is great exercise for the whole family, and if done regularly may lower the chance of getting type 2 diabetes.

Simple tips to help motivate the family to walk:

- Make family walks a routine. Invite the neighbors along for fun.
- Find parks in your area. Park trails can make walking even more enjoyable.
- Use landmarks like houses or mailboxes as mini-goals during your walk. Set goals like walking further (twice around the block) or walking faster.
- Wear comfortable walking shoes. They can help to avoid injury.
- Use a pedometer to record your steps, time, or miles along the way.

Fitness Tip from a HEALTHY Parent

“ We do fun things with our kids, like going for walks at parks and outdoor tracks. We encourage them to set a goal of walking or running for a set amount of time. ”

This newsletter is brought to you by HEALTHY, a program that teaches students to be more active and make healthy food choices.

HEALTHY FAMILIES

Baked Cinnamon Apples

Makes 4 servings
Prep/Cook Time: 20 Minutes

Ingredients:

- 4 baking apples (Rome Beauty, Golden Delicious and Granny Smith are good choices)
- 1 teaspoon cinnamon
- Optional ingredients: raisins, lemon juice, chili pepper, nutmeg or other seasonings

1. Remove apple core and peel the upper half of the apple (peel at least a 1-inch strip from the top).
2. Place upright in a baking dish.
3. Place $\frac{1}{4}$ teaspoon of cinnamon in center of each apple (you can add 1 tablespoon of raisins, lemon juice, nutmeg or other seasonings that you like with fruit).
4. Microwave for 6 to 8 minutes.

Nutrition Per Serving:

72 calories, 0 g fat, 19 g total carbohydrate, 3 g fiber, 0 mg sodium, 0 g protein (Raisins add an additional 30 calories, 8 g carbohydrate and less than 1 g fiber)

Student Corner:

Voices from HEALTHY Student Leaders Across the Country

- "Before HEALTHY came to our school, we just played the same old things in PE. Since HEALTHY I have seen a difference. HEALTHY helps us get up and move. From now on I am going to try to stay healthy and be more active."
- "I like HEALTHY because it has great activities and it's fun."
- "I like HEALTHY because it encourages us to eat healthy and be healthy. HEALTHY has really helped kids in my school. It should be in every school."



Southwestern Chicken

Makes 6 servings
Prep/Cook Time: 30 Minutes

Ingredients:

- 2 cups water
- $\frac{3}{4}$ cup salsa
- 1 package taco seasoning mix (low sodium if available)
- 1 pound boneless skinless chicken (breast, thighs, or tenders can be used)
- 2 cups brown minute rice
- 1 can (15 ounce) black beans

1. Mix together water, salsa and taco seasoning mix in a medium-sized pot.
2. Add chicken and bring to a boil. Reduce heat and simmer 10 minutes.
3. Turn chicken to another boil, add minute rice and black beans and reduce heat and simmer another 8 minutes.
4. Serve hot and enjoy!

Nutrition Per Serving:
290 calories, 2.5 g fat, 37 g total carbohydrate, 5 g fiber, 690 mg sodium, 24 g protein

HEALTHY Program Update

Welcome back 8th graders! This fall the focus is Energy Balance – finding the right balance for food and physical activity choices. In the spring we will turn our attention to Strength, Balance, and Choices for Life – helping us make healthy eating and active lifestyle choices throughout our lives.