

Wellness Roundup

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Nutrition & Wellness Committee Lang Ranch PTA

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Helpful Websites:

◆ www.Yum-O.org

Rachael Ray's site with kid friendly recipes, games, cooking tips and more.

◆ www.NRDC.org

The Natural Resources Defense Council's website. Go to their 'Green Living' page for informative articles and useful tips.



Check out page 2 for our new section "Simple Ways to Save the Planet!" with tips you can use at home for a healthier world!

Fitting in Fall Fitness

By Lisa Noack, Certified Youth Fitness Trainer

Many of us have spent New Years Eve vowing to get more fit in the coming year...and many of us have had a tough time following through. Fall, on the other hand, is a great time to start a fitness program because you can begin creating healthier habits that will carry you through the holiday season and the upcoming winter months. With the change in seasons comes a renewed time to rethink and restart. Here are a few tips to start making the most of the season:

1. Take advantage of the weather. Fall is a treat for the senses: crisp air, pumpkin carving and the crunch of leaves. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking and cycling are more invigorating in the fall and beaches are much less crowded, so grab the kids – bundle up a bit – and have

some fun.

2. Think outside the box. Always wanted to learn to dance, do yoga or a martial art? Many classes (for you and your child) at gyms and elsewhere get started in the fall. (Check out CRPD.org for inexpensive classes for both adults and kids.)

3. Be an active T.V. viewer. Enjoy fall premieres of your favorite television shows and increase fitness at the same time. While you watch you can run in place, do standing lunges, triceps dips off the couch or lift weights. Use commercial time to do push-ups or crunches.

4. Integrate exercise into your life. Besides the more obvious suggestions of parking your car further from your destination and taking stairs instead of elevators, you can spend downtime while at your children's sports practices by walking around the outside of the field, or try "walking

meetings" to brainstorm for work, committees, etc.

5. Save time at the gym. Although there's never an excuse for sloppy technique, there are ways to shave time from your gym workout routine.

- A simple leg press can become a total leg workout by moving feet apart, or pointing toes outwards or inwards.

- Train opposing muscle groups during rest periods so you don't waste time, for example do a set of bicep curls followed immediately by triceps dips, etc.

- Don't wander around chatting – plan your routine and stick to it.

- When on a cardio machine up the intensity for a few minutes and then lower again. This yields a much more effective workout in the same amount of time.

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HEALTHY FAMILY DINNERS FOR ALL TO MAKE & EAT!

By Lisa Ross

Welcome back to school Wranglers! As we say farewell to the lazy days of summer, we find comfort again in our more "scheduled" days and nights. Along with stricter schedules comes the need for nutritious and healthy dinners that the whole family will enjoy, but

can be made quickly and easily. Here are three great recipes that kids can help prepare and are proven kid (and grown-up) favorites!

Homemade Pizza

Pizza made at home is so much more fun for the kids than ordering out or using frozen ones. You can purchase all the toppings and

the dough a day or two before so it is all ready to go.

- *1 bag of fresh pizza dough (Trader Joe's has whole wheat or regular in the refrigerated section- it's great!)

- *1 container of pizza sauce

- *1 ball of part-skim mozzarella (or bag of pre-grated)

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HEALTHY FAMILY DINNERS . . . CONTINUED FROM PAGE 1

*Toppings of your choice, such as turkey pepperoni, sliced mushrooms, black olives, sliced Roma tomatoes...

Throw some flour on a large cutting board and place the dough in the center. Have your kids help roll out the dough with a rolling pin. Spread on the sauce. Have everyone take turns grating the cheese and putting it on top of the sauce. Give each child a topping and let them decorate the pizza. Bake on a pizza baking sheet or pizza stone until browned, and enjoy your masterpiece!

Taco Bar

*1 or 2 boxes of corn taco hard shells

*Meat of choice (Lean beef, chicken, turkey, vegetarian mince)

*1 packet of taco seasoning

*Toppings of your choice, such as shredded lettuce, chopped tomato, low fat grated cheddar cheese, cubed avocado, salsa...

After you have browned your meat, drain off excess fat and mix with the taco seasoning. While the meat is cooking, have your kids help put each topping in a separate bowl and the shells on a plate.

Let them organize and set up "the taco bar" all by themselves. When it's time to eat, they will really enjoy the fruits of their labor.



Tuna Casserole

For our family, there's nothing that says "winter weeknight dinner" more than a warm, comforting casserole. This is a healthier version than the fattening traditional one that our mothers used to make.

*¾ of a 16 ounce bag of small pasta, such as rotelle, penne, mini shells or macaroni—if your family will eat whole wheat pasta, even better—many whole wheat versions are available at health food markets)

*2 10 ounce cans of low sodium or "Healthy Request" cream of mushroom soup

*2 or 3 6 ounce cans of solid white tuna

*1 ½ or 2 cups of frozen peas, defrosted

(frozen broccoli florets defrosted and cut into small pieces also works)

*Whole wheat bread crumbs

*Grated cheddar cheese, about 2 cups

*Salt to taste

Start with a very large mixing bowl. While your pasta is boiling on the stove, have your kids take turns mixing up the tuna, soup, peas and salt with a big wooden spoon until all are combined. When the pasta is cooked until al dente, drain it, rinse it with cold water, and add it spoonfuls at a time to the soup mixture as a child is stirring to fold it in. Spray a 9x13 baking dish with non-stick spray and add the contents of the bowl. Whole wheat bread crumbs can be homemade by taking 2 or 3 pieces of wheat bread, toasting them well, and tearing them into smaller pieces and running them through a food processor. If not, any bread crumbs will do. Have the kids sprinkle the bread crumbs and the cheese over the top of the casserole. Bake uncovered at 375 degrees for about 30 minutes, or until it is bubbling and browned on top.

ENJOY!

Simple Ways To Save The Planet! By Debbie Aleman, cpt

We all read the headlines about global warming and hear the news about trash in our oceans and toxic emissions in our air, but most of us are at a loss about what we can do to help. Of course we want to save the polar bears, but the problems seem so large we feel helpless... How much could the actions of one family help when we're trying save the planet?

Well, there are many simple changes we can each make in our daily lives that have a profound impact on the health of the Earth. Each little change we make to preserve our resources and reduce waste adds up to create a healthier environment and a happier future for both our children and the beautiful planet we all live on. Here are some excerpts from 'The Green Book- The Everyday Guide to Saving the Planet One Step at a Time' by Elizabeth Rogers and Thomas Kostigen.

AT HOME:

There are 100 million homes in the U.S. alone. Since we spend most of our time there, it is where we use the most energy

and water and where we create the most waste. Here are some simple changes we can make that have a huge planetary impact:

1. **RECYCLE.** If everyone in America simply separated the paper, plastic, glass and aluminum products from the trash and tossed them into a recycling bin, we could decrease the amount of waste sent to landfills by 75%. Currently, it takes an area the size of Pennsylvania to dump all our waste each year.

2. **SAVE WATER.** Turn off the tap while you brush your teeth. You'll conserve up to 5 gallons of water per day per person. Throughout the United States, the daily savings could add up to 1.5 billion gallons!

Or, try brushing your teeth while you're waiting for the water to get hot for your shave or to wash your face. You could save time *and* money on water- up to 1,825 gallons per year for each brush/shave combo.

Try flushing the toilet just one less time per day, and you'll save about 4.5

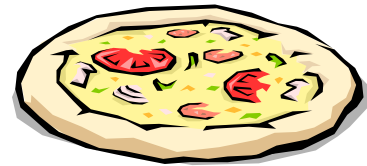
gallons of water- as much as the average person in Africa uses for a whole day of drinking, cooking, bathing and cleaning.

3. **SAVE ELECTRICITY.** In the kitchen- keep your head out of the refrigerator and the door closed! (This might help you stick to your diet, too.) The refrigerator is the single biggest energy-consuming appliance, and opening the refrigerator door accounts for between \$30 and \$60 of a typical family's electricity each year. The amount of energy saved in a year by more efficient refrigerator usage could be enough to light every house in the United States for more than 4 1/2 months straight.

If you're broiling, roasting or baking a dish that will cook for an hour or more, don't bother preheating your oven. Even for breads and cakes, never preheat for longer than 10 minutes. If 30% of U.S. households could each reduce total oven preheating time by one hour per year, sixty million kilowatt-hours of energy would be saved!

Look for more tips in our next issue!

Healthy Choices Made Easy By Melissa Dorval, R.D.



By the time you read this newsletter, your kids are back to school, into their routines and making new friends. How many of you have noticed that when your children come home from school they are "starving" and want a snack right away! Our kids apparently work up a nice appetite from their school day. I thought it would be a good time of the year to talk about healthy after school snacks.

First of all the idea of "snacking" can be very healthy if appropriate choices are made; it will help to give your children mental and physical energy, stabilize their metabolism and their mood. That being said, let's discuss some healthy snack choices.

The best way to encourage your child to successfully make healthy food choices is to have plenty of healthy options available in the home, and to avoid or limit the number of unhealthy food choices. **Here are some tips:**

1. Keep fruits and veggies on hand and ready to eat. The current recommendation from the American Cancer Society is to consume 7-9 servings of fruits and vegetables per day. Note that one serving of vegetables is ½ cup fresh or 1 cup cooked. Individual portion sizes for fruits vary by the fruit. Some kid friendly ideas are carrot and celery sticks, snap peas, green beans, red pepper sticks, melon and pineapple chunks, bananas, apples, peaches, etc. If your child happens to be a picky eater, be certain to always have the 1-3 fruits and vegetables in the house that they *will* consume. Periodically take them to the produce aisle and have them choose a new fruit and/or vegetable that they would like to try. This technique has worked well for many parents of picky eaters as your children are the ones making the choice for a new food item.

2. Have an assortment of good snacks available, such as low fat yogurt, applesauce, celery or apples dipped in trans-fat free peanut butter, dried fruit, unsalted nuts and seeds, whole-grain crackers and cheese.

3. Select lean meats and low-fat proteins, such eggs, nuts, tofu, edamame, beans, string cheese and fresh turkey breast.

4. Avoid deep-fried foods. Healthier cooking methods include broiling, grilling, roasting and steaming.

5. Hummus dip, derived from the garbanzo bean, is an excellent source of fiber and protein. Your children will enjoy dipping carrots, cucumbers or any crunchy vegetables. Low fat tortilla chips or slices of whole wheat pita bread are also great dipped into hummus and make a wholesome snack.

6. Limit fast food and other low-nutrient snacks, such as chips and candy. You may decide to not ban them from your home. Instead, you can make them "once-in-a-while" foods. To help with portion control of higher fat chips and snacks, opt for the 100 calorie bags.

7. Don't keep soda or sugary drinks in your house, and limit the amount of 100% real fruit juice your kids consume. Have your kids drink water as much as possible. For lunch boxes, send small bottled waters, low fat milk and soy milk (in tetra-packs). If your kids really want the juice boxes, try the flavored waters (such as Capri Sun Roarin Waters – 35 calories, 9 grams sugar per serving).

Please remember to feed your children snacks from each of the food groups. Below is a listing of kid-approved snack items in each group:

Fresh fruits and raw vegetables: Berries, oranges, grapefruit, melons, pineapple, pears, tangerines, apples, bananas, broccoli, celery, carrots, cucumbers, cherry tomatoes, unsweetened fruit and vegetable juices, canned fruits in natural juices.

Grains: Whole grain bread, bagels, and muffins, unsweetened whole grain cereals, unbuttered or lightly buttered popcorn, tortilla chips (baked, not fried), whole grain pretzels, pasta (try Barilla Plus, for added fiber and protein, great taste), whole grain crackers (such as Triscuits, Milton's or TLC brands).

Milk and dairy products: Low or non-fat milk or soy milk, low or non-fat yogurt, low or non-fat cheeses, including string cheese, low or non-fat cottage cheese.

Protein, nuts and seeds: White meat chicken or turkey, hummus, pumpkin or sunflower seeds, nuts (almonds, walnuts, cashews) and nut butters.



Here are two delicious after school snack recipes that your kids might enjoy:

1. A fruit and yogurt smoothie is a quick, easy and healthy way to get more fruit and calcium into your child's diet.

INGREDIENTS:

- * 1 cup of your child's favorite fruit, frozen (berries, peaches, tropical fruit mix, etc).
- * 8 oz non-fat plain or vanilla yogurt
- * ¼ cup nonfat milk, soy milk or orange juice
- * ½ banana (frozen or fresh)

PREPARATION:

Put all of the ingredients into a blender and puree them together until smooth.

Pour into a chilled glass and serve with a straw.

Keep in mind that you if you use fresh fruit, you will need to add ice.

2. An English muffin pizza can be a good way to get some extra fiber, calcium, and veggies, into your child's diet. It is a quick and easy recipe that your kids will love.

INGREDIENTS:

- * 1 whole grain English Muffin
- * A handful (about 1/3 cup) of shredded low fat Mozzarella Cheese
- * 1/2 Sliced Tomato and/or 2 Tablespoons of Tomato/Pizza Sauce

PREPARATION:

After slicing the English muffin, place the tomatoes or sauce and then the mozzarella cheese on each half of the English muffin.

Top your 'pizza' with healthy toppings of your choice, such as sliced mushroom, peppers, pineapple, etc.

Place your completed 'pizza' on an aluminum foil lined baking sheet in an oven preheated to 350 degrees Fahrenheit or in a toaster oven.

Bake for 5-10 minutes, depending on how crispy your child likes his pizza, or until the cheese is a golden brown color.

KID'S CORNER

WHAT'S YOUR FAVORITE THING ABOUT BEING BACK AT SCHOOL?

It turns out that it's not just parents that are happy to have the kids back at school...Here's what our Wranglers are most excited about!

"My favorite part of school so far is the fact that the Kings came and played Hockey with us. Also, that I get to play kickball, handball, and prisoner with all my friends at recess time." Sean W., 3rd grade

"That I get to learn a lot!" Phoebe D., grade 2

"I have two favorite things, library and playing with my friends." Bethany R., 1st grade

"I like recess because I get to play with my friends, and math because I love doing pluses and minuses." Griffin G., 2nd grade

"That I get to see all of my friend's and play handball with them." Evan D., grade 5

"I like seeing all my friends from first grade and kindergarten, and meeting my new teacher Mrs. Nordstrom...she is so nice!" Katelyn R., 2nd grade

"Meeting a new teacher and getting to see my friends and play with them."

Ryan W., 3rd grade

"My new teacher and playing in P.E." Zach L., 3rd grade

"My favorite thing about being back at school is my teacher, Mr. Lynch."

Brendan R., 5th grade

Fitting in Fall Fitness...continued from page 1

- Avoid waiting for equipment by avoiding your gym's peak hours – usually right after kids are dropped off and between 4pm – 7pm.

- A single adjustable exercise bench allows you to do multiple exercises amongst a gym-full of chaos. Bench presses, shoulder presses, crunches, triceps extensions, upright rows etc....don't hesitate asking a trainer for instruction.

- Find a gym that's on the same route as a location you frequently visit.

6. Remember three "C's" and 30 days. *Commitment.* We're all busy – that's part of our lives. Plan exercise like meetings, practices, and dinners. Put it on the calendar because later usually turns to never. *Convenience.* Choose a

nearby gym, or an activity you can do at or close to home. *Consistency.* You are better off working out 10 minutes a day than one hour a month. It takes *30 days* for the body to adapt to lifestyle changes. Behavior patterns will have adapted and it will become much easier.

7. Find your motivation. Discover your individual goal, whether decreasing stress, losing weight, strengthening and toning or preparing for an event. To stay motivated by the day-to-day workouts choose something you truly enjoy, such as walking or hiking with a friend. Creating a challenge for yourself will motivate you, as will encouragement and accountability. Anything worth having takes a bit of work.

Fall is a busy yet vibrant season. Finding time to exercise will provide the emotional and physical energy it takes to tackle parenting, working and school with clarity and patience. Make it a priority, for when health is absent, nothing is accomplished!

Have a Happy and Healthy Fall!

Lisa Noack

