



# Fit School Newsletter

*small changes today for a healthier tomorrow*

## Chloride

Volume 14, Issue 32

### Health Goal for the Week

**Goal: As a family, start thinking, talking, and acting healthy.**

Psychologists have found that our thoughts and the words we use affect how we behave. As a family, start using positive words when talking about healthy eating and exercising. Instead of saying "I hate exercise!" try saying "I find exercise challenging, but I do it anyway because I know I'm a healthier person when I do". You may find that after a lot of practice, you may actually enjoy exercising.



Words can also affect behavior when a person allows him/herself to consistently do a behavior that is not healthy for his/her body. A lot of overeating and sedentary behavior occurs when people tell themselves, "Oh, I've worked hard today. I deserve this..." (I deserve this second slice of pie, I deserve to sit the entire evening and watch TV, etc.) This attitude is OK if it is occasional (once a month), but when it becomes a daily habit, it can hurt your health.

If you tell yourself everyday "I choose to live a healthy life", you will start noticing a difference in your outlook toward exercise and healthy eating. As a family, this week, try only using positive words when talking about exercise and healthy eating.

**Art Connection:** On a rainy spring weekend, gather scissors, glue, paper, and all of your old magazines. Have each member of your family cut out pictures of things he/she likes or wants to have someday. Have each family member paste his/her pictures onto a piece of paper and then explain why he/she chose the pictures.

### Recipes

#### Baked Potato

Potatoes  
Choice of toppings

- Scrub potato and keep skin on
- Bake in oven 40 minutes to 1 hour at 400° or pierce with fork and bake in microwave oven for 4 to 10 minutes.
- The potato should be easily pierced with a fork when it is done

\*Potato Toppings: Low-fat cottage cheese and raisins, herbs and spices like basil, dill, or parsley, non- or low-fat sour cream and chives, beans, soup broth, mustard, low fat yogurt, low-sodium soy sauce, and/or 1 oz shredded cheddar cheese

#### Tasty Tuna Macaroni Salad

½ cup whole-wheat elbow macaroni  
2 TBLS shredded Parmesan cheese  
3 oz drained tuna fish (packed in water)  
2 TBLS dried cranberries

- Mix together above ingredients for a tasty lunch or dinner



### Shopping List for Recipes

- \_\_\_\_\_ Potatoes
- \_\_\_\_\_ Choice of low-calorie potato toppings
- \_\_\_\_\_ Whole-wheat elbow macaroni
- \_\_\_\_\_ Tuna fish packed in water
- \_\_\_\_\_ Parmesan cheese
- \_\_\_\_\_ Dried cranberries

## Families On The Move

**Family Goal: As a family, plan a “Yard Clean-Up Day”.**

Weeding, raking, mowing with a push mower, sweeping the walk, trimming, planting,...All of these activities burn calories. Today, we have chemicals that do the weeding for us, self-propelled or riding mowers that push for us, and leaf blowers that rake for us. These machines make working in our yards easier, but now we need to make extra time to exercise. By doing some of the yard work by hand, your family can burn calories and have a yard that you can all be proud of.

Before you begin, make a list of all of the things that need to be done to get your yard and outside of your house ready for summer. Each person in your family chooses the job or jobs he/she would most enjoy doing. Plan a 3-hour span of time, and go for it! Remember to have fun!



## Health and Fitness Resources

### Website

Body and Mind from the Centers for Disease Control and Prevention  
<http://www.cdc.gov/bam/>

### Parent's Book

*Seafood Cooking for Dummies* by Leslie Bloom, IDG Books, Foster City, CA

### Children's Book

*Growing Colors* by Bruce McMillan, Lothrop, Lee, & Shepard Books, New York

### DVD

*Good Food, Bad Food: You Choose,* (Grades 5<sup>th</sup>-12<sup>th</sup>) [www.healthedco.com](http://www.healthedco.com)

## Well-Balanced Lunch Idea

Whole-wheat pita pocket  
 4 oz chopped baked chicken breast  
 1 tsp spicy mustard  
 ½ avocado, sliced  
 8 oz low-or non-fat plain yogurt with  
 ½ cup leafy greens ½ cup  
 sliced strawberries stirred in  
 Water



## Nutrient of the Week

### Chloride

**Why we need it:** an element that helps keep the fluid in our bodies balanced and is a major part of the acid in our stomachs.

### How much we need:

Children ages 1-3=1500 mg/day  
 Children ages 4-8=1900 mg/day  
 Females and Males ages 9-50=2300 mg/day  
 Females and Males ages 51-70=2000 mg/day  
 Females and Males ages 71 and older=1800 mg/day

### Foods to limit because of high sodium chloride (table salt) content:

Fast foods, frozen dinners, take-out pizza, crackers, pickles, olives, hot dogs, lunchmeat, and cheese

## Healthful Low-Chloride Snacks

1. Low or non-fat yogurt
2. Papaya
3. Blueberries

### 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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