



# Fit School Newsletter

*small changes today for a healthier tomorrow*

## A Healthy Summer

Volume 14, Issue 36

### Health Goal for the Week

**Goal:** When preparing for picnics, outdoor parties, traveling, and dining out this summer, make healthier, lower-calorie choices.

Summer parties and travels during the summer don't need to add extra inches to your waistline. Here are some tips to help you have a healthy summer:

#### Tips for Picnics and Outdoor Parties

- Use salsa, relish, ketchup, or mustard instead of mayonnaise.
- When shopping for hamburger buns, choose smaller, whole-grain buns
- Have lots of fresh vegetables (tomatoes, broccoli, cauliflower, carrots, celery) out on plates along with a lower-calorie dip



- If you are going to serve chips and snack foods, choose baked potato chips, tortilla chips made without partially hydrogenated oil, pretzels, and air-popped popcorn
- For dessert, healthier choices include a fruit plate, fruit cocktail made in fruit juice, and 100% juice Popsicles

#### Tips for Healthy Traveling

- Pack a bottle of water for each family member.
- Pack healthy, travel-well snacks: apples, pears, baby carrots, peanut butter and jelly sandwiches, string cheese, and water.

#### Tips for Eating Out

- Tips provided by FDA
- Ask for nutrition information
  - Choose foods that are steamed, broiled, baked, roasted, poached, or stir-fried
  - Share your food
  - Ask for a "doggie bag" right when your meal arrives and put half of your plate into it
  - Ask for your meal served without butter, margarine, or gravy.
  - Ask for salad dressing served on the side and use only a small amount

### Recipe

#### Sandy's Summer Sumi Salad

- 1 lb whole-wheat spaghetti broken in half
- 2 TBLS canola oil
- 10 TBLS slivered almonds
- 10 TBLS Sesame seeds
- 8 green onions finely chopped
- 2 (16 oz) bags shredded cabbage

#### Dressing

- 1 cup canola oil
- 6 TBLS rice vinegar
- 4 TBLS sugar
- 1 tsp salt
- 1 tsp pepper

- Break spaghetti in half and cook according to directions, drain
- In 2 TBLS oil, brown almonds for 1 minute, stirring periodically
- Add sesame seeds and brown 1 additional minute, stirring periodically
- Meanwhile mix cabbage and green onions in very large bowl
- Add almonds, sesame seeds, and spaghetti, mix well
- In small bowl, mix all of the ingredients for dressing
- Pour over cabbage mixture and toss
- Makes a great outdoor picnic salad with lots of fiber!

### Shopping List for Recipe

- \_\_\_\_\_ 8 green onions
- \_\_\_\_\_ 2 (16 oz) bags shredded cabbage
- \_\_\_\_\_ 1 lb whole-wheat spaghetti
- \_\_\_\_\_ Canola oil
- \_\_\_\_\_ Rice vinegar (in Asian section)
- \_\_\_\_\_ Sugar
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ Slivered almonds
- \_\_\_\_\_ Sesame seeds

## Families On The Move

**Family Goal: Review your New Year's Goals, see how well you've done, and set new goals for the 2<sup>nd</sup> half of the year.**

Reviewing your goals helps you to see how much you've accomplished and where you want to go. As a family, sit down with your New Year's Goals, and talk about what you achieved and what you need to work on. Have each person write goals that he/she would like to achieve in the second half of the year and how that person will go about achieving those goals. Goal: I weigh 160 pounds by December 21<sup>st</sup>.

Here is how I will achieve this goal:

1. I eat at least 3 fruits every day.
2. I eat at least 4 vegetables every day.
3. I exercise for at least 20 minutes, five times per week.

Write out each of your goals in this way, and you are looking at a very successful 2<sup>nd</sup> half of the year!

## Health and Fitness Resources

### Website

American Academy of Dermatology  
<https://www.aad.org/>

### Parent's Book

*Healthy Lunchbox: The Working Mom's Guide to Keeping You and Your Kid's Trim* by Rallie McAllister, Lifeline Press, Washington DC

### Children's Book

*Make Me a Peanut Butter Sandwich and a Glass of Milk* by Ken Robbins, Scholastic, NY

### DVD

*Little Kicks Fitness Workouts for Kids, Bring It On: Bright Minds* by Big Kids Productions, San Antonio, TX (Ages 3 and up)

## Well-Balanced Lunch Idea

- 2 slices whole-wheat bread
- 2 TBLS all-natural peanut butter
- 1 TBLS jelly
- Apple
- 8 oz fat free milk



## Subject of the Week

### Ingredients for a Healthy Summer

- Wear sunscreen SPF 15 or higher and reapply every 2 hours even when cloudy
- Wear a hat with a 4-inch brim to protect face and neck
- Eat plenty of fruits and vegetables
- Make healthy food choices
- Drink at least 8 (8 oz) glasses of water per day
- Exercise at least 20 minutes a session, 5 times per week
- Play whenever you get a chance (At least 1 hour a day for children and teens)
- Enjoy being a family!

**Parent Tip:** When traveling by car, stop at rest areas or city parks every 2-3 hours and run around with the kids. Use the restroom, then play tag, hide-and-seek, or just race to different landmarks.

## Healthful Summer Snacks

1. 100% juice Popsicles
2. Fruit or berries (Visit an orchard or farm. Pick and wash fruit and then eat. Kids are more likely to eat new foods if they are part of the process.)
3. Vegetables (Grow your own. If you don't have room for a garden, try planting in pots.)

### 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.  
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