



Small changes today for a healthier tomorrow
October 31 – November 6, 2011
Volume 9, Issue 9



Fit School Newsletter



Health Goal for the Week

Family Goal: This week, focus on energy balance.

Energy balance is eating the number of Calories you need to go about your day, no more, no less. You need Calories for exercising, studying, digesting food, regulating your body temperature, keeping your heart beating, and even breathing. Everything your body does requires Calories from the food you eat. A great thing about our bodies is that they are very efficient, meaning they need only a few Calories to do a lot of work.



Energy Balance



Energy In

=



= Energy Out

Below are websites with Calorie Calculators to help you find your personal caloric needs for each day:

For Adults
www.dallasdietitian.com Dallas Dietetic Association

For Children
www.bcm.edu/cnrc/consumer/nyc/vol1_03/energy_calculator.htm# Baylor College of Medicine

Recipe

Baked Chicken Nuggets

- 1 1/2 lbs chicken thighs, boneless and skinless
- 1 cup cornflakes or bran flakes crumbs
- 1 tsp paprika
- 1/2 tsp Italian herb seasoning
- 1/4 tsp garlic powder
- 1/4 tsp onion powder

1. Remove skin and bone from chicken; cut thighs into bite-size pieces.
2. Place cornflakes into plastic bag and crush using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
5. Preheat oven to 400° F. Lightly grease a baking sheet.
6. Place chicken pieces on baking sheet so they are not touching.
7. Bake until golden brown, about 12-14 minutes.

Yield: 4 servings

Serving size: about 3 oz

Each serving provides:

Saturated fat: 2 g

Sodium: 127 mg

Calories: 175

Cholesterol: 67 mg

Recipe from the Department of Health and Human Services

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html#1>

Shopping List for Recipe

- _____ Chicken thighs
- _____ Cornflakes or bran flakes
- _____ Paprika
- _____ Italian herb seasoning
- _____ Garlic powder
- _____ Onion powder

Families On The Move

Family Goal: This week, have each member of your family exercise his/her heart for at least 20 minutes per day.

How do you know you are exercising your heart? It's easy to tell. If you can hear your breathing and see perspiration on your skin, you are exercising your heart. One thing to remember while you are exercising at this intensity is that you should be able to still carry on a conversation, but not be able to sing!

This week, have everyone in your family walk, bike, run, do aerobics, dance or do anything that increases his/her heart rate for at least 20 minutes. If you are new to exercise, only increase your heart rate a little. If you keep exercising your heart every day, simple daily tasks will become easier to do.



Health and Fitness Resources

Website

Centers for Disease Control and Prevention
www.cdc.gov

Parent's Book

Eat Clean Diet for Family and Kids: Simple Strategies for Lasting Health and Fitness by Tosca Reno, Robert Kennedy Publishing, 2008

Children's Book

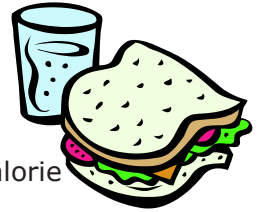
My Food Pyramid by DK Publishing, Inc. 2007

Video

All About Health and Hygiene by Schlessinger Media 2001

Well-Balanced Lunch Idea

- ¾ cup chicken salad, made with chicken and non-fat, plain yogurt
- 2 slices whole wheat bread
- 1 Tbsp Dijon mustard
- Salad:
 - ½ cup fresh cucumber slices
 - ½ cup tomato wedges
 - 1 Tbsp sunflower seeds
 - 1 tsp Italian dressing, low calorie
- ½ cup fruit cocktail, packed in juice
- 8 oz fat free milk



Subject of the Week

Energy Balance

Energy Balance occurs when the amount of energy (Calories) you take in as food is equal to the amount of energy out (Calories used for everything your body does).

Energy In = Energy Out you have **Energy Balance** (Weight stays the same)

Energy In > Energy Out = Positive Energy (Weight gain)

Energy In < Energy Out = Negative Energy (Weight loss)

Math Connection: If you eat 2,056 Calories in a day and burn 2,001 Calories, do you have energy balance, positive energy, or negative energy? (Answer at bottom of page)

Healthful Energy Snacks

1. 1/3 cup almonds
2. ¼ cup dried cranberries
3. 5 whole wheat crackers

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.

Copyright © 2011 Fit School, Inc.

For more information: www.TheFitSchool.com

Math Answer = Positive Energy