



May 2010



# Healthy Happy Kids

## Of SweetApple Elementary

### Fitness for kids: Getting your children off the couch

By Mayo Clinic staff

Children often have a natural tendency to play hard. For many children, biking to the playground and playing kickball in the backyard have given way to watching television, playing video games and spending hours online. But it's never too late to get your kids off the couch. Here's how to direct your child's energy into a lifelong love of physical activity. Use these simple tips to give your kids a lifelong appreciation for activities that strengthen their bodies.

#### Set a good example

If you want active kids, be active yourself. Go for a brisk walk, ride your bike or spend some time gardening. Kids ages 6 to 17 years old need at least an hour a day of such moderate activities. Three or more days a week should be more vigorous activities such as those that include running or jumping rope. Adults need at least 2.5 hours a week of moderate intensity exercise or 75 minutes of vigorous activities. Invite your family to play catch or to join you on a walk. Talk about physical activity as an opportunity to take care of your body, rather than a punishment or a chore. Praise, reward and encourage activity. Set goals and have everyone track their activities and progress.

#### Limit screen time

A surefire way to increase your children's activity levels is to limit the number of hours they're allowed to watch television each day. You might limit screen time — including television, video games and computer time. The American Academy of Pediatrics recommends no more than one to two hours a day. To make it easier, don't put a television in your children's bedrooms, and keep the computer in a family area. Also consider limiting other sedentary activities, such as text messaging or chatting on the phone.

#### Establish a routine

Set aside time each day for physical activity. Get up early with your children to walk the dog or take a walk together after dinner. Start small, gradually adding new activities to the routine as you — and your children — become more fit.

#### Let your children set the pace

For many kids, organized sports are a great way to stay fit. But team sports or dance classes aren't the only options. If your child is artistically inclined, take a nature hike to collect leaves and rocks that your child can use to make a collage. If your child likes to climb, head for the nearest neighborhood jungle gym. If your child likes to read, walk or bike to the neighborhood library for a book. Or simply turn on your child's favorite music and dance in the living room.

#### Promote activity, not exercise

To keep your kids interested in fitness, make it fun.

*(Continued on page 2)*

We are sorry we had to cancel the  
**4th Annual SAE Fun Run**  
due to inclement weather but we wanted to  
let you know we **raised \$1,000** for  
**SAE's Educational Enrichment Program!**

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**HAVE A SAFE, HEALTHY & HAPPY SUMMER!**

## Did you know?

“Those who fail to take time to be healthy will ultimately have to take time to be sick.”

-James Chappell, DC, ND, Ph.D.

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**Get in the game.** Play catch, get the whole family involved in a game of tag or have a jump-rope contest. Try classic movement games such as Simon says or red light, green light. If you don't remember the rules, make up your own!

**Try an activity party.** For your child's next birthday, schedule a bowling party, take the kids to a climbing wall or set up relay races in the backyard.

**Put your kids in charge.** Let each child take a turn choosing the activity of the day or week. Batting cages, bowling and neighborhood play areas all count. What matters is that you're doing something active.

**Give the gift of activity.** Make gifts and rewards things like activity-related equipment, games or outings.

**"Incorporating physical activity into your children's lives does much more than promote a healthy weight," Dr. Laskowski says. "It sets the foundation for a lifetime of fitness and good health."**

## mindful eating tips + healthy recipes

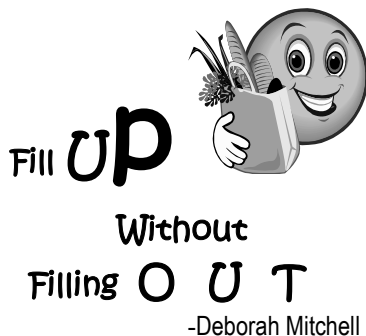
### Grilled Portobello Mushroom Burgers

#### Ingredients:

- 4 large portobello mushrooms (1 cap per sandwich)
- 4 teaspoons extra virgin olive oil
- Rock or kosher salt and pepper to taste
- 4 oz. low-fat mozzarella
- 4 large pieces roasted red pepper (pat it dry)
- 4 whole wheat pitas or 8 slices of light bread
- Greens (arugula, iceberg, whatever you like!)
- Low-fat mayonnaise or store-bought pesto, if desired

#### Instructions:

- Remove and discard mushroom stems
- Brush** top of mushroom caps with bit of the olive oil
- Season with salt and pepper
- Lightly coat your grill with cooking spray
- Grill mushrooms, covered, for approximately four minutes; turn and grill another three, or until tender
- Place flat side of mushroom up on the grill, and top with a thin slice of mozzarella and a nice juicy piece of red pepper
- Cover and cook one minute more, until cheese melts
- Lightly toast roll, pita or light bread onto the grill
- Put a layer of greens on the bread (or in the pita) top with a mushroom cap and add a bit of low-fat mayo or prepared pesto sauce



**Question:** Which has more calories: one fat-free oatmeal cookie or 4 cups of blueberries?

**Answer:** they have an equal number. The difference is the amount of food you get.

**What to do:** To lose weight and not go hungry, choose foods with a low calorie density – nutrient-rich foods high in fiber and water, and lower in calories. Fruits and vegetables are terrific low-calorie nutrient-dense foods. Eat them raw or lightly cooked. Eat food low in calorie density, and you'll fill up, not out.



## Get Active

### Start Active, Stay Healthy

### Stay Hydrated

Julian A. Amedee  
Sports Fitness Experience, Roswell

Summer is right around the corner and that means more time to go outside and play. As it has been documented in the last few years; dehydration can be a major cause of sickness and in extreme cases, death. To stay ahead of the game make sure that you hydrate your body often during the summer. This means that you need to drink a lot of fluids throughout the day and night. This is especially important on days that you know you will be outside in the heat for an extended period of time. An effective plan to follow is to:

- Drink at least 8oz before you go outside.
- Take something to drink with you outside and drink throughout the time outside.
- Make sure you drink at least 16oz during the first 2 hours after you get back inside.

Along with how much and when you drink, what you drink is as important to proper hydration. The best things to drink are water, sports drinks (especially during), and fruit juices. These types of drinks allow for the most direct and effective way for your body to stay healthy. Remember, stay hydrated so that you can stay healthy this summer.

## Additional Resources

[www.healthycookingrecipes.com](http://www.healthycookingrecipes.com)

[www.cookinglight.com](http://www.cookinglight.com)

[www.eatingwell.com](http://www.eatingwell.com)

