

VOL. 3

FITFAMS

COMMUNITIES CREATING HEALTHIER COMMUNITIES

Newsletter

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The Sept. issue of FITFAMS newsletter was created by Sarah Tieck, a professional writer from the Minnesota area. You can learn more about Sarah [CLICK HERE](#).

MONTHLY CHALLENGE:

Do you love fried chicken? Perhaps you dream about pizza just delivered to your door. Or, maybe it is the siren call of ice cream that you can't resist. FITFAMS challenges you this month to take one of your favorite recipes or treats and make it better for you. Start by looking at the ingredients; notice the calories, fiber, fat, and nutrients. Then, think about what you could do that would taste just as good, but be much better for your body. Even one small change—for instance, baking the coated chicken instead of frying it—can make a big difference for your health! This month I am going to create a healthier version of Dairy Queen's tempting Blizzard. What are you going to make? Contact us at info@fitfams.com and share your good-for-you favorites.



SEARCHING FOR SOLUTIONS



When it comes to the question of solving the obesity issues, it seems answers are hard to come by. Our country's growing weight problem is alarming. Some experts say it is an epidemic. Even more disturbing is the lack of response. We believe one way to start solving the problem is to learn more about what we're facing:

See Details in the ["F as in Fat"](#) article from the Minnesota Star Tribune



WONDERFUL WATER

Water truly is the ultimate health food. Want to know why?

- ☛ Your body functions better because water flushes toxins and keeps you regular and well hydrated.
- ☛ Water helps you reach your healthy weight and suppresses appetite.
- ☛ This wonder drink balances your body, prevents heart attacks, and reduces headaches.
- ☛ And, it makes you prettier—your clear skin will be all aglow.

Still not convinced? Here are a couple links to give you the real deal on caffeinated beverages and diet soda. Check these out before you crack that can:

[READ ARTICLE](#) OR [READ ARTICLE](#)

FOOD FOR THOUGHT: FIND THE EASY BUTTON

Did you know that 80 percent of families don't know what's for dinner by 4 p.m.? This is just one example of the growing problem of overscheduled kids and adults. At FITFAMS, we believe balance is key to a healthy lifestyle.

Here are two of our favorite resources for finding peace (and your best life) in the chaos:

www.flylady.net or www.savingdinner.com

COAST TO COAST: WHAT'S HAPPENING IN YOUR NECK OF THE WOODS?

Calling all of you who are making moves to better your health! Looking ahead, FITFAMS will be live in Bloomington, Minn., on October 27. Every family in the district is invited! On this day, FITFAMS has the opportunity to reach over 7,500 families!

To get a sneak preview, there's a news clip about our Harrisburg event at www.fitfams.com. You can see all the fun we had! And, you'll find more details about our Bloomington event.

Also, we are still looking for stories to put in our monthly newsletter highlighting what you and your family, friends, or communities are doing to better your health. We want to know what's happening, what you're excited about, and what makes you feel good.

Please send your story to Megan at megan@fitfams.com.



GROWING HEALTHIER KIDS

Five food industry giants—Campbell Soup Company, Dannon, Kraft Foods, Mars, and PepsiCo.—have teamed up with the Alliance for a Healthier Generation. The goal? Get kids making good food choices and eating well so they'll live longer, healthier lives. They've established some ground rules for how to eat and they're starting at school. Want to know how your favorite foods stack up? [READ MORE](#)



What do you do in your life to be healthy?

I eat lots of fruits and vegetables, so I can stay healthy.

Who in your life helps you to promote living a healthy life?

My parents. If I ask to eat a candy bar and they say no, it's because it's not good for me.

How do they motivate you to be a healthier kid?

I like sports so I don't need too much help. I play golf; I play soccer, softball, hopefully someday volleyball. Also, I'm on the swim team.

How can you suggest to other people to make changes in their life to be without hurting their feelings

I would say "you're a little bit overweight so I suggest you exercise and eat more vegetables. I would tell them that push ups and sit ups would be a good idea. Less candy and more healthy.

Do you hear kids making fun of people that struggle with their weight? Why do you think they do that?

It's because the skinny person is a bully and they think it's funny. I would say leave them alone and stick up for the person being made fun of.

What is your favorite activity?

I like soccer, and spraying my dad with the hose.

If you could speak to all the kids in the US about being healthy, what would you say?

I would tell them that there are easier ways to get in shape than going on a diet. Running around the house with your dog or cat is exercise. You don't have to be good at sports you just have to move around.



Italian Vegetable Soup

No need to add any seasoning; it's all in the spaghetti sauce. This soup keeps and reheats well.

15-ounce can tomato sauce

2 cups water

15-ounce can chicken, beef or vegetable broth

1 cup prepared spaghetti sauce

2 cups cooked cut green beans (fresh-cooked or 15-ounce can, drained)

2 cups cooked sliced carrots (fresh-cooked or 15-ounce can, drained)

Additional vegetables as desired, such as chopped celery or onions, canned mushrooms or leftover cooked vegetables

15-ounce can kidney or pinto beans, rinsed and drained

½ cup elbow macaroni or small shell pasta

Grated Parmesan cheese

Mix tomato sauce, water, broth and spaghetti sauce in soup kettle and heat to boiling, stirring occasionally. Add vegetables. Return to boil and cook 6 to 8 minutes. Add macaroni. Cook 7 more minutes or until macaroni is done. Sprinkle with cheese when serving.

Makes 8 to 10 servings.

Thanks to Ann L. Burckhardt, Burnsville, Minn., author of "A Cook's Tour of Minnesota" and "Hot Dish Heaven," for this recipe!