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○ JULY | ○ VOL. 1 | ○ 2007

# FITFAMS

## Newsletter

*COMMUNITIES CREATING HEALTHIER COMMUNITIES*

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**Monthly Challenge:** FITFAMS challenges you to pick up the pace this month! Make it a family plan to walk, jog or bike together at least once a week this month. We'd love to hear about how your family took on our challenge! Contact us at [info@fitfams.com](mailto:info@fitfams.com)

### PARENTS: SETTING THE TABLE, SETTING THE EXAMPLE

Face it, being a parent is hard and being a new parent is even harder. With so many new things to think about how do you find time to exercise? *WebMD* recently published a study on new parents and exercise. There is some interesting and helpful information for all you parents. When you value living a healthy lifestyle, what a wonderful example you are setting for your children. [See Full Article](#)

### CHILDHOOD OBESITY: WHAT DOES YOUR STATE RATE?

Childhood obesity in America is growing at an alarming rate. According to The Henry J. Kaiser Family Foundation, [www.kaiserstatehealthfacts.org](http://www.kaiserstatehealthfacts.org), 29 of the 50 states have state laws that address childhood obesity. It's shocking what few states actually have a school nutrition program and/or a physical education program that addresses childhood obesity. With the obesity statistics on the rise, we ask you, what does your state rate? [SEE FULL ARTICLE](#)

### "TAKE THE CHALLENGE"

SCW Fitness Education recently published an incredible article called Take the Challenge by Lana Snyder. What she discovered in her study is truly eye opening. [See Full Article](#)



### HOW DOES YOUR GARDEN GROW?

Having a hard time getting your children to eat their veggies? A recent article from the *Robert Wood Johnson Foundation* states that children who grow their own fruits and vegetables are more likely to eat them. Check it out and get planting! [See Full Article](#)



Meet FITFAMS' first featured child, Anna from Kansas City, who at age 10 has already completed a triathlon!

Anna recently participated in a children's triathlon. This was a fun and healthy opportunity to help children stay active. Swimming, biking and running in one sport; participants benefit from a well-rounded workout, enhance their endurance and strength and have a great time. For Anna's age, this event consisted of 100 yard pool swim, 3 mile bike, and 1 mile run/walk.

FITFAMS had an opportunity to chat with Anna about her experience, how she could help affect other kids and how she views sports in general.

*"I really like being athletic. It makes me feel good. It makes me feel confident." - Anna*

**FF- How does it feel to be interviewed about your recent experience?**

*Anna – It makes me feel happy*

**FF – What made you want to complete this triathlon?**

*Anna- I really like being athletic. It makes me feel good. It makes me feel confident.*

**FF – What was your favorite leg of the triathlon?**

*Anna – I like the swimming and bike the best. I'm not that good at running, but I just do it anyway.*

**FF- How can you inspire other kids to participate in the same type of event?**

*Anna – I could tell them how fun it was*

**FF – Do you eat any different when you have finished a triathlon or training for one?**

*Anna- No, I don't eat any different, but my mom tells me that I have to eat as well as I exercise*

**FF- How would you help to inspire kids your age that are overweight?**

*Anna – I would have them over for a play date and just do things outside. They would think it was just playing but really it is exercise and being active. They would learn that being active is just like playing and doesn't have to be exercising.*

**FF - What are your goals for your next event?**

*Anna – I'm going to participate in another one in Sept. but it's not about winning, it's all about having fun!*

## [WHERE DO YOU FIT IN? FOOD FOR THOUGHT.](#)

The magazine *Cooking Light* did a survey that discovered the following fitness habits of adults across the country.

6% of American adults get 30 minutes of exercise a day

22% exercise 3-4 times per week

19% walk or bike instead of taking transportation

41% use the stairs whenever possible

33% regularly park their cars farther from their destination to get in extra walking

## RECIPE CORNER: Yogurt Granola Crunch

This simple but fun recipe is perfect for a late afternoon snack that will surely satisfy you until the dinner bell rings!

In a small bowl, mix together the following ingredients and enjoy!

**6 oz. container yogurt of choice**

**1 TBSP almonds or other heart healthy nut**

**2 TBSP dried cranberries or fresh "in season" berry of choice**

**2 TBSP granola**

(Cascadian Farms Organic Oats and Honey is a tasty choice)