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FITFAMS

COMMUNITIES CREATING HEALTHIER COMMUNITIES

Newsletter

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MONTHLY CHALLENGE: FITFAMS challenges you this month to make one small change in your diet, one small change towards a healthier diet. Perhaps you cut out soda or you cut down to one soda per day; maybe you go from white to brown (rice, pasta and whole grain breads); take the ketchup off or better yet, make a stop and DON'T do the drive thru! Pack a lunch instead. We would love to hear about your healthy little change. Contact us at info@fitfams.com. This month I am going to challenge myself to drink more water! Won't you join me?



["BALANCING FAMILY AND FITNESS"](#)



Does your morning routine happen in the blink of an eye? Does it feel like you are rushing to get breakfast down and kids out the door only to be challenged with the same quick routine when you get home from work? With the hustle and bustle of your daily routine, it's hard to balance family and fitness. I've spoken with many working individuals who feel guilty taking the time away from family to exercise. So what are some ways you can include the family in your fitness plan? Perhaps the old saying, "*If mama isn't happy then nobody is happy*", does ring true for many families. Just remember when you exercise, you feel better; when you feel better, you have more energy and when you have more energy, everyone benefits. In a recent article published by *Seattlepi.com*, reporter Paul Nhyan did a story on a mother who was ready to get fit again. Check it out and be inspired to make time for fitness in your life!

http://seattlepi.nwsourc.com/health/262180_fitfamilies09.html



FITFAMS

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FITFAMS HIGHLIGHTS A SOCCER STAR!
COLETON -AGE 9
ANCHORAGE, ALASKA

FF: Why has soccer become important to you?

CS: It's a fun way to exercise.

FF: What do you do when you don't feel so motivated?

CS: I make myself go and end up enjoying it.

FF: Are there other ways that you would like to make changes to become healthier?

CS: I would like to play more sports like football and eat more fruits and good foods.

FF: How do you think we could help change the problem of childhood obesity around this country?

CS: Do more activities outside and include everyone.

FF: Who are some of your biggest influences on your own health?

CS: My mom!

FF: How does it make you feel to better yourself?

CS: When I see myself improve from all of my hard work.

FF: In what way do you think your community could become a healthier community?

CS: Play sports together.



Coleton is a nine year old boy from Anchorage, Alaska who is enjoys being active.

Fitfams interviewed Coleton about what it means to be healthy and how it feels to better yourself.

\$1,000,000 TO COMBAT CHILDHOOD OBESITY



According to *Robert Wood Johnson Foundation*, The National Governors Association (NGA) Center for Best Practices awarded ten states \$100,000 each to bolster school and community based childhood obesity prevention efforts, the *Lexington Herald-Leader* reports. The grants were awarded under the *Healthy Kids, Healthy America* program. These grants will be used to develop interventions that will address the nations' childhood obesity epidemic. Take a look at the link below to see if your state is a grant recipient.

[NGA Awards \\$1 Million to Help States Combat Childhood Obesity](#)

“AN APPLE A DAY KEEPS THE DOCTOR AWAY”

ARE YOU EATING ENOUGH FRUITS AND VEGGIES?

“I am so passionate about this product as well as the poor state of our nation's health---especially the kids!”
- Stacey Laidig

I recently had the pleasure of speaking with Stacey Laidig about efforts put forth by Juice Plus+ on the Happy Healthy Kids Campaign. For their amazing information and health facts related to the children of America, please visit the link at the bottom of this article. You will be glad you did!

Juice Plus+® provides the nutritional essence of 17 different fruits, vegetables, and grains in convenient and inexpensive capsule form. Juice Plus+ Orchard Blend® contains seven of the most nutritious fruits around: [apples](#), [oranges](#), [pineapple](#), [cranberries](#), [peaches](#), [acerola cherries](#), and [papaya](#). Juice Plus+ Garden Blend® contains ten nutrient-dense vegetables and grains: [carrots](#), [parsley](#), [beets](#), [kale](#), [broccoli](#), [cabbage](#), [spinach](#), [tomatoes](#), and [brown rice bran](#) and [oat bran](#).

To find out more about Juice Plus+, you can visit their website at [Juice Plus](#)

Stacey Laidig is a Juice Plus+ distributor from Broomfield, Colorado. If you are interested in speaking with Stacey personally, she can be reached at staceylaidig@msn.com.

[Read More](#) [health facts related to the children of America](#)



TURKEY BREAST SAUTEED WITH PEPPERS

Recipe by: Chef Michael Milster

Ingredients

8 ounces scallops of turkey breast—4 @ 2 ounce pieces pounded thin
1 oz. red bell pepper --julienned
1 oz. green bell pepper-- julienned
1 oz. yellow bell pepper –julienne
2 ounces red onion – julienned
2 fluid ounces Balsamic vinegar
Salt, ground white pepper and flour as needed.
1 TBSP Olive Oil

DIRECTIONS

1. Heat the olive oil in a sauté pan.
2. Season the turkey scallops with salt and white pepper, then dredge in flour.
3. Add the turkey to the pan and cook until half done and very lightly browned on the first side.
4. Add the peppers and onion; continue to cook over moderately high heat until the turkey is almost completely cooked.
5. Deglaze the pan with the Balsamic vinegar. Plate and serve immediately.

Makes 2 servings: 85 Calories; 7g Fat; 1g Protein; 7g Carbohydrate; 1g Dietary Fiber, 0mg Cholesterol; 2mg Sodium.

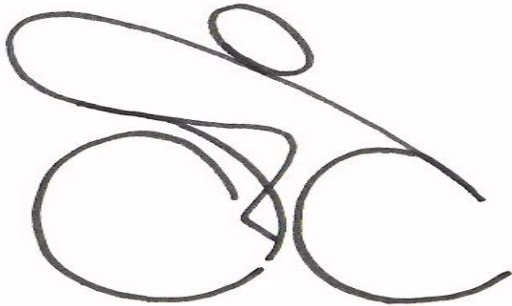


THE SWEET TRUTH ABOUT SUGAR

I think it's safe to say the majority of this country enjoys a great dessert! The more accurate statement would probably be the majority of this country enjoys too much great dessert. Sugar consumption in this country is astounding. We at Fitfams got to thinking, what is the sweet truth about sugar? The article attached to this link will educate you on what sugar really does to your body. It may taste wonderful going down but is it really worth it? Dr. Stanley Gardner takes you on an in depth tour of how your body breaks down sugar and the effects it has on your body. [See the Full Article](#)

"The change to a more healthful eating style needn't be drastic, and it needn't be instant, unless our bodies have become so ill that treatment is urgent. Learning how to cook and eat more healthfully is a process. We were all raised in the Twinkie generation—it takes time to see and implement a better, more healthful way." –**Stanley M. Gardner, M.D.**

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



Calling all of you who are making moves to better your health! We are looking for stories to put in our monthly newsletter highlighting what you and your family, friends or community are doing to better your health. Perhaps it's a stay at home mom's group or dad's group that gets together for active play dates, a dinner club where healthy recipes are tested and tried or maybe a neighborhood event such as a bike ride or day at the park. We want to know what's happening in your neck of the woods. In Burnsville, MN we have a dedicated Turbo-Kick crew at the MN Valley YMCA. Every week a routine crowd shows up to punch, kick and sweat their way to a healthier life. You can view a news clip of the class under the instruction of Jennie Berglund, one of the most dedicated, encouraging and challenging instructors many of us have had the privilege to workout with, at www.fitfams.com. Many new friends have been made through this Turbo Family. If you have a story to share, please contact me at megan@fitfams.com.

FOOD FOR THOUGHT

WHERE DO YOU FIT IN?

- *By 2015, 75% of Adults Will Be Overweight; 41% Will Be Obese. (Johns Hopkins Bloomberg School of Public Health)*
- *Less than 7% of all children and adolescents consume the recommended 3 servings of vegetables per day. (Archives of Pediatrics and Adolescent Medicine)*
- *1 in 4 children is obese. (International Journal of Obesity)*
- *By the age of 12, an estimated 70% of our children have developed the beginning stages of hardening of the arteries. (Bogulusa Heart Study)*

