

AUG 2007

VOL. 4

FITFAMS

COMMUNITIES CREATING HEALTHIER COMMUNITIES

Newsletter

Created by Sarah Tieck

MONTHLY CHALLENGE:

What could you do to take your workout to the next level? FITFAMS challenges you this month to choose one thing to work on. Perhaps you could try a new class and add a cross-training element; or, simply add an extra five pounds to your weight routine. If you aren't active now, this could be the month you start moving. Consider where you're feeling a little bored or like things are too easy. Think about that move you're wishing you could do. Or, just consider where you'd like to be in 12 weeks and take the first steps. This month I am working to learn the chaturanga and kick my cardio up to high impact. What are you going to do? Contact us at info@fitfams.com and share your plan for action.



FOOD FOR THOUGHT: BUILD A CHAIN OF SUCCESS

Comedian Jerry Seinfeld has a trick for achieving his goals—he uses a calendar to build a chain of success. At FITFAMS, we love little tricks like this one. We challenge you to try it. Here is a little bit more information about this inspiring habit:

<http://lifehacker.com>

COAST TO COAST: BLOOMINGTON, HERE WE COME!!!



Calling all of you who are making moves to better your health! This month FITFAMS will be live in Bloomington, Minn.! Mark your calendar for October 27 and plan to come out! To get a sneak preview, there's a news clip about our Harrisburg even at www.fitfams.com. You can see all the fun we had! And, you'll find more details about our Bloomington event on the Web site.

Also, we are always looking for stories and items of interest for the newsletter. 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.

PACK A LUNCH WITH PUNCH

Q: My daughter is back in school and I'm concerned about her food options and choices. We've always encouraged her to eat fruits and veggies. But, now, her school has introduced her to packaged and processed treats. Now, she prefers pizza and burgers to the healthy stuff I pack. What can I do?

A: We've found this can be a challenge at any age. Our new favorite lunch trend is the Japanese Bento Box. The concept is all about making meals artful by arranging foods in small, pre-portioned, packable containers. The prettier and more colorful, the better. These are simple, but creative; they can pack a lot of nutritional punch, and don't take any more time than packing a regular lunch. And, not only are these little boxes of goodness easy and appealing, they offer built-in portion control and a dose of fun. Here are some links to connect you with the know-how to get started—and the inspiration to keep going:

www.cookingcute.com

www.lunchinabox.net

www.laptoplunches.com



HEALTHY SNACK ALERT!

Love chips, but hate the empty calories? Well, it turns out that all chips are not created equal. If you opt for blue corn tortilla chips, there is a bit of a nutritional advantage. Read on for more information:

[READ MORE](#)



COMMUNITIES CREATING HEALTHY COMMUNITIES



This month FITFAMS spoke with playful sisters Keeley, age 4, and Madison, age 6, of Minnesota.



Shine up plain baked chicken with a tart rosemary and citrus glaze.

Makes 4 servings

ACTIVE TIME: 15 minutes

TOTAL TIME: 50 minutes

What do you do in your life to be healthy?

Keeley: Eat good foods, play, and brush my teeth

Madison: I play outside on the swingset and eat good foods

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

Keeley: Mommy and Daddy

Madison: Mom and Dad

How do they motivate you to be a healthier kid?

Keeley: They make me try new things.

Madison: I listen to them and I choose good choices.

How do you help other people to be healthy?

Keeley: I help them wash their hands and try new foods.

Madison: I help play with others and keep things clean.

What's your favorite activity?

Keeley: Games and swinging like a monkey.

Madison: I like going on field trips, playing on my swingset, and riding my bike

What's your favorite snack?

Keeley: Cheese and watermelon.

Madison: Apples.

If you could speak to the kids in the U.S. about being healthy, what would you say?

Keeley: Listen to your Mommy and Daddy.

Madison: Eat the colors of the rainbow.

4 bone-in chicken breast halves (2 1/2-3 pounds total), skin removed, trimmed of fat
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste
1 1/2 teaspoons chopped fresh rosemary, divided
3 tablespoons orange marmalade
2 tablespoons sherry vinegar, malt vinegar or cider vinegar
1 teaspoon extra-virgin olive oil

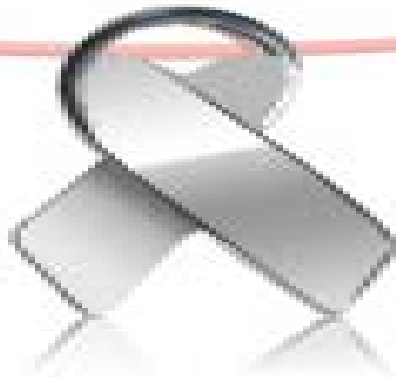
1. Preheat oven to 400°F. Coat a roasting pan with cooking spray.
2. Season chicken on both sides with salt and pepper and place, bone-side up, in the prepared pan. Sprinkle with 1 teaspoon rosemary.
3. Bake the chicken for 20 minutes. Meanwhile, combine the remaining 1/2 teaspoon rosemary, marmalade, vinegar and oil in a small bowl.
4. Turn the chicken pieces over and top with the marmalade mixture. Bake until the chicken is no longer pink in the center, 15 to 20 minutes more. Serve immediately, spooning the sauce over the chicken.

NUTRITION INFORMATION: Per serving: 252 calories; 3 g fat (1 g sat, 1 g mono); 107 mg cholesterol; 10 g carbohydrate; 43 g protein; 0 g fiber; 274 mg sodium.



FITFAMS

COMMUNITIES CREATING HEALTHY COMMUNITIES



We all know there are some things we can't control. We can't change risk factors like our family history; scientists predict that just over one-quarter of breast-cancer risk is due to inherited factors. It's clear that eating well is part of doing everything you can to tip the odds in your favor. So what can we do (or not do) to lower our risk?

- 1. Enjoy five to nine daily servings of fresh vegetables and fruits.**
A serving is ½ cup cooked/ 1 cup raw vegetable or 1 medium fruit
- 2. Choose 100 percent whole-grain foods over refined grain products.**
Explore whole wheat, spelt, brown rice, brown barley, buckwheat, quinoa and millet
- 3. Eat your beans.**
Make cooked legumes (beans, lentils and split peas) a regular part of your diet.
- 4. Eat good fats.**
Enjoy a diet rich in fatty fish , raw nuts (almonds, walnuts and hazelnuts) and ground flax seed.
- 5. Choose good oils.**
Extra-virgin olive oil is best, but canola is an acceptable second choice. The worst fats are hydrogenated and partially hydrogenated oils and shortening.
- 6. Keep servings of red meat small.**
Avoid processed meats, such as bacon, ham and deli meats. Use small amounts of unprocessed meat to season dishes.
- 7. Minimize empty calories.**
Avoid high-calorie, nutrient-free sweeteners, such as high-fructose corn syrup and white and brown sugar. Read labels carefully! These sugars hide in many commonly eaten foods.
- 8. Avoid artificial sweeteners.**
These sweeteners tend to be markers of nutritionally bankrupt foods.
- 9. Drink little or no alcohol.**
Keep it to one serving daily or less.
- 10. Exercise daily and achieve, and maintain, a healthy weight.**
Aim for 30 to 60 minutes of vigorous exercise daily or 10,000 steps daily. Keep exercise simple and enjoyable. Walking is free! Your doctor should tell you what your healthful target weight should be.



FITFAMS

COMMUNITES CREATING HEALTHY COMMUNITIES