



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: Each person in your family writes down one nutrition goal he/she will reach by the end of this year.

Whether you want to lose weight, exercise more, or eat a well-balanced diet, writing your goals down on paper will help you reach them. Using the guidelines on the next page under the "Subject of the Week", have each family member write three goals. Under each goal, write down three small steps you will take to help you reach that goal. Following are two examples of nutrition goals:



Nutrition Goal: I eat healthy portions of food.
How I will reach my goal:

1. I use a small plate when eating at home.
2. When dining out, I split my meal and take half home for the following evening.
3. When eating, I only eat. (Avoid eating while reading, watching TV, and playing video games.)

Nutrition Goal: I eat healthy meals and snacks at least 6 days per week.

How I will reach my goal:

1. Each Sunday, I plan and write down my meals for the following week.
2. Each evening, I pack my healthy lunch and snacks for the following day.
3. I shop on Tuesday evening (after I've eaten) and use a shopping list.

History: When the famous football coach Lou Holtz was 28 years old, he had a growing family, but no job and no money. After reading *The Magic of Thinking Big* by David Schwartz, Holtz wrote down 101 "impossible" life goals. He has achieved almost all of those goals!

Recipe

Slow-Cooker Winter Barbeque

- 2 14-oz cans vegetarian, low-fat baked beans
- 1 can (14 oz) reduced-sodium red kidney beans
- 1 can (14 oz) reduced-sodium black beans
- 1 package (8 dogs) low-fat turkey hotdogs, cubed
- 1 cup low-sodium ketchup
- ¼ cup brown sugar
- 4 Tbs vinegar

8 whole-wheat hamburger buns

- In 4-quart slow-cooker, mix all ingredients, except for hamburger buns!
- Cook on low for 6 hours
- Serve on whole-wheat hamburger buns

Math Connection: If you eat 100 Calories less than the number of Calories you burn each day, and you need to burn 3500 Calories to lose one pound, how many pounds will you lose in one week, one month, and one year? (Answer on bottom of next page)



Shopping List for Recipe

- _____ 2 14-oz cans vegetarian, low-fat baked beans
- _____ 14-oz can reduced-sodium red kidney beans
- _____ 14-oz can reduced-sodium black beans
- _____ 1 package low-fat turkey hotdogs
- _____ Low-sodium ketchup
- _____ Brown sugar
- _____ Vinegar
- _____ 8 whole wheat hamburger buns

Families On The Move

Family Goal: Each person in your family writes down one exercise goal he/she will reach by the end of this year.

Writing down your goals helps you to decide the direction you want to go in your life, and it gives you a road map of how to get there. Studies have shown that if a person writes his/her goals down on paper, his/her chances of succeeding at that goal increases significantly.

Below is an example of an exercise goal:

Exercise Goal: I walk 5 days per week for at least 20 minutes each time.

How I will reach my goal:

1. I set my alarm for 5:30 a.m. each morning.
2. I set out my walking clothes, shoes, and jacket each evening.
3. I schedule my walk on my calendar and keep it like I would any other important appointment.



Health and Fitness Resources

Website

www.oznet.ksu.edu/library/famlf2/mf2249.pdf Goal Setting Fact Sheet from Kansas State University

Parent's Book

The Successful Child: What Parents Can Do to Help Kids Turn Out Well by William and Martha Sears with Elizabeth Pantley, Little Brown, Boston, MA 2002

Children's Audio Book

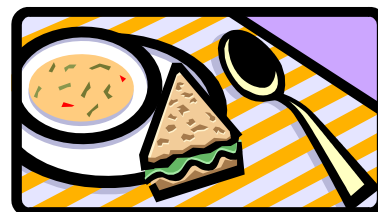
The Winning Attitude!: What it takes to be a champion by Michelle Kwan, Laura James and Julie Dretzin, Recorded Books, 2001

Video

Slimey's World Games by the Children's Television Network, Sony Wonder, New York, NY 1996

Well-Balanced Lunch Idea

- 1 cup low-sodium chicken rice soup in thermos
- ½ peanut butter sandwich made with natural peanut butter and whole wheat bread
- 5 baby carrots
- apple
- 8 oz fat free milk



Subject of the Week

Goal Setting Guidelines

1. Say exactly what you plan to do: "I eat breakfast every day."
2. Make measurable goals: "I walk at least 5 days per week for at least 20 minutes each time."
3. Set Positive Goals: Say, "I eat at least 3 fruits and 4 vegetables each day", instead of, "I do not eat chocolate".
4. Give your goal a date: "I weight 150 pounds by December 31st."

Healthful Snacks

1. Warm 100% apple juice
2. Baked apple sprinkled with 1 teaspoon brown sugar
3. Hot chocolate made with fat free milk

Fit School, Inc.

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

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Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment.

Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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For more information: www.TheFitSchool.com

Math Answer: 0.2 pounds in 1 week, 0.86 pounds in 1 month, 10.4 pounds in 1 year!