

Be Active, Be Healthy!

Greetings one and all and welcome back to a new school year! We hope your summer was relaxing and ACTIVE, and that your children recharged their batteries for what promises to be another productive school year.

It's no secret that many kids spend too much time sitting still, and it's becoming a major health risk. American children spend an average of 6.5 hours a day (outside of school) engaging with media technologies including watching TV, using the computer, and playing video games. Studies have shown that the more TV kids watch, the more likely they are to be overweight.

Increasing physical activity improves cardiovascular fitness, helps prevent obesity, promotes a health lifestyle, boosts self-esteem and confidence, and reduces stress. You don't need to have a lot of fancy equipment or a membership at a health club—there are many ways to make your family's lifestyle more active. To overcome resistance from reluctant children, it helps to make the activity FUN. For example, don't just run with a young child—run like a penguin or hop like a rabbit or kangaroo. If walking outside, have a destination like the park or ball field.

Here are some ideas for getting your family on the move:

- Start a new tradition: take the whole family for an after-dinner walk around the neighborhood.
- Take on active chores as a family (raking leaves, gardening, washing the car, shoveling snow).
- Dance to your favorite music.
- Go for a family bike ride.
- Get inexpensive pedometers and have a weekly contest, comparing who takes the most steps each week.
- Play a sport together in the backyard or nearby park.
- Take the dog for a long walk.
- Play games that your kids love (Tag, Simon Says, Red Light-Green Light, Duck-Duck Goose). You can google the rules if you've forgotten them.
- When practical, walk short distances rather than using your car. When you drive, park a little farther away from the store.



Thanks to everyone who made Walk to School Day a Success!

On October 10, District 146 schools participated in International Walk to School Day! Students, families, and staff participated by walking to and from school. Throughout the week, students in Grades K-5 also walked around the block with their backpacks during PE to simulate walking to school in a group.

Every year since 1999, millions of children and their families across the globe participate in Walk to School Day to promote awareness of walking safety and healthy behavior.

It's A Good Start

November is Good Nutrition Month! What better way to promote and celebrate good nutrition than to power up with a good breakfast. Breakfast gives you the energy you need to start the day. Here are some quick and nutritious breakfast ideas:

- Make instant oatmeal with milk instead of water. Mix in raisins or dried cranberries.
- Layer low-fat yogurt with your favorite whole grain cereal and sliced fruit or berries.
- Mix up a smoothie with low-fat milk, frozen strawberries, and a banana.
- Top a toaster waffle with low-fat yogurt and fruit.
- Top a bowl of whole grain cereal with your favorite fruit or berries. Pour on low-fat milk.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

Family-Friendly Recipe

Chicken Kabobs



Ingredients

Marinade

- 1/2 C. extra virgin olive oil
- 1/2 C. balsamic or apple cider vinegar
- Juice of 1/2 a lemon or lime
- 1-3 cloves of garlic, grated
- 1/2-1 tsp. salt-free seasoning (Mrs. Dash Grilling Blend)

Skewers

- Chicken
- Bell peppers of your choice
- Red Onion
- Tomatoes
- Pineapple (for Hawaiian Kabobs)
- Wooden skewers

Directions

1. Combine marinade ingredients.
2. Trim and cube chicken into 2” cubes and place in ziplock bag or sealable container. Coat with marinade and refrigerate for 30 minutes or longer (the longer you marinate, the stronger the flavor!)
3. Chop veggies and fruit into 2” pieces.
4. Soak wooden skewers for 10 minutes before building kabobs to keep wood from burning.
5. Build kabobs alternating chicken, veggies, and fruit.
6. Cook kabobs on low heat on grill for approximately 10-15 minutes per side, flipping them to keep from burning.
7. Kabobs are done when chicken juices run clear and veggies are soft.
8. Enjoy!



Make a Healthier Choice

Vegetables and Grains

Instead of...	Try...
Fried vegetables served with cream cheese or butter	Raw, steamed, boiled, or baked vegetables tossed with a little olive oil, salt, pepper
Fried potatoes, french fries, hash browns, chips	Baked white or sweet potatoes
Donuts and pastries	English muffins, small whole grain bagels, angel food cake
Sugar cereals, regular granola	Whole grain cereal, oatmeal, low fat granola
Potato or corn chips, buttered popcorn	Unsalted pretzels and unbuttered popcorn

Fats, Oils, and Sweets

Instead of...	Try...
Shortening, butter, margarine	Olive, canola, soybean oil
Regular mayonnaise and salad dressing	Non-fat or low-fat mayo and salad dressings
Cookies	Fig bars, gingersnaps, and molasses cookies



In our next issue

20 Ways to Enjoy more Fruits and Vegetables and a Fat-free Cheese Cake for Holiday and Winter Parties!

The Tag- You're Fit! newsletter will now be sent as a supplement to the District's Quarterly Newsletter, The Horizon!

Be sure to look for us each quarter for health-related tips, delicious recipes, and news on keeping our students, families, and staff healthy!

District 146 Wellness Committee:

Matt Kociolek, Fulton (Wellness Coordinator); Allyson Bober, Memorial; Jeff Charleston, District; Regina Mayer, Central; Dan McLaughlin, Fulton; Wendy Miotti, Fierke; Lauren O'Donnell, District; Terri Stahulak, District; and Marian Betley, Kruse.