



Live your Life! ¡Vive tu Vida!

Healthy Habit of the Month: Be Physically Active Everyday

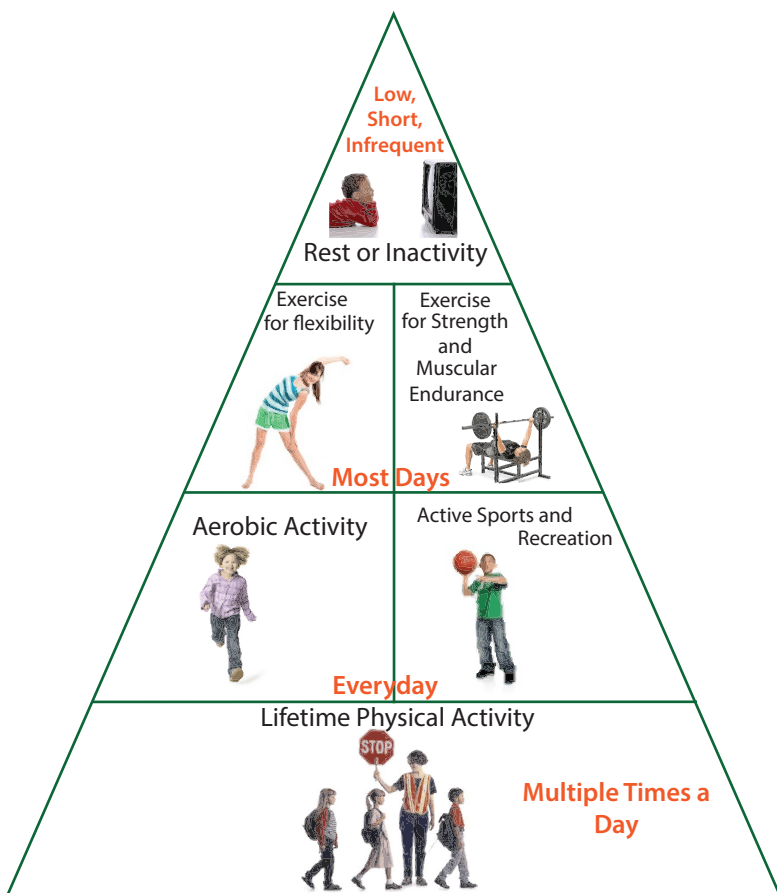
Pump it Up!

It's important to incorporate physical activity into our daily routines. Being active stimulates our hearts, keeps us healthy, and makes our muscles strong. Physical activity burns calories and also causes our bodies to release healthy hormones that energize us.



Benefits of Being Physically Active

- It reduces stress levels, improving your mood and mental health.
- It gives you an energy boost without the aid of added calories or caffeine.
- It's a great way to bond with family and friends, one-on-one, or in a group.
- It reduces your risk for diabetes, some cancers, and heart disease.
- It strengthens bones and muscles.
- It helps to control your weight by burning calories.
- You may sleep better- try it for a week and see!
- It can increase longevity.





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It's a Fact:

"Regular physical activity is one of the most important things you can do for your health... **Everyone can gain the health benefits of physical activity** - age, ethnicity, shape or size do not matter."

- CDC website



Make your Action Plan: It's as easy as 1, 2, 3!

- 1. Talk with your family or household:** Use this newsletter as a discussion starter with your family and friends. Why should you challenge yourself to be physically active?
- 2. Take small steps to be active all the time:** Get off public transportation one stop further away and walk to your destination. Take the stairs instead of the elevator. Go for a 15 minute walk after meals or during your lunch break.
- 3. Have fun when you're physically active:** Go to the park after school for an hour and play with friends. Ride a bike. Skate. Hula hoop. Jump rope. Toss a ball or a Frisbee. Jog. Dance. Swim. Join a neighborhood sports team or league. Walk across the GWB.
- 4. Always BE SAFE:** Wear appropriate protective gear for all activities.

Challenge yourself to start today!

For more healthy tips, visit our website: www.chalkcenter.org

For questions and feedback, please send your email to CHALK@nyp.org

Some of the content for this flier was obtained from:

<http://www.cdc.gov/physicalactivity/everyone/health/index.html>



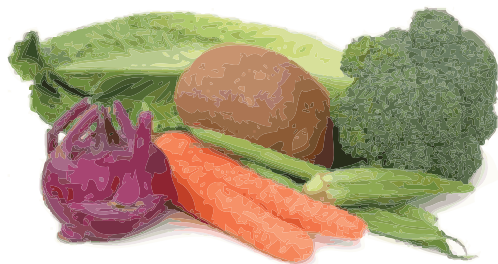
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Healthy Habit of the Month: Eat Plenty of Vegetables and Fruit Everyday

Not All Veggies Are Created Equal

When it comes to eating vegetables – variety is key! As a general rule of thumb, aim for a mix of vegetables every day. This will give you and your family a healthy balance of the nutrients you need to feel energized and full. Keep in mind that some of your favorite vegetables are higher in key nutrients than others.

Top of the Class



Next time you're making dinner, consider using some of these vegetables that are "top in their nutrient class" to make a healthy, balanced meal.



Vitamin C	Vitamin K	Beta Carotene	Folate	Potassium
Red bell Pepper	Kale	Sweet potato	Spinach	Sweet potato
Broccoli	Spinach	Pumpkin	Asparagus	Lima beans
Green Chili	Collard greens	Carrots	Curly endive	Spinach
Pepper	Turnip greens	Kale	Romaine	Swiss chard
Brussels	Swiss chard	Spinach	Lettuce	Portobello
Sprouts			Turnip greens	mushrooms





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Cook's Corner: Nutrients 101



When you cook vegetables, it is actually easier for your body to digest the nutrients inside. But, boilers beware! If you cook them for too long (especially in boiling water that you pour out after) you may also lose a lot of important nutrients in the water. According to plant researcher, Gene Lester, the best way to cook veggies and avoid nutrient loss is to steam them on the stove or in the microwave. If you do prefer boiling – no sweat! Just save the nutrient-packed water after to reuse in a soup or smoothie. -For more information, see Special Feature on Gene Lester in Nutrition Action Magazine, October 2012 issue.



Set a Sweet Example

Research shows that children are more likely to eat fruits and vegetables if their parents and teachers use 'proactive' approaches. Try these easy proactive approaches in the classroom, kitchen, and at the table!

- 1 Initiate conversation about fruits and vegetables
- 2 Plan a time to prepare a healthy snack together
- 3 Set a great example by choosing fruits and vegetables for yourself every day

-www.usda.gov

Learn About Fruits and Veggies!

For more healthy tips, visit our website: www.chalkcenter.org

For questions and feedback, please send your email to CHALK@nyp.org



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Healthy Habit of the Month: Get Enough Sleep & Eat Breakfast

Rest Up and Eat Up

Our busy lifestyles often cause us to forget about maintaining our health. Between work and running errands, we often forget how important sleeping and eating breakfast can be. Adults typically need between 7-9 hours of sleep per night, and children need even more! Also, don't forget how important breakfast is! Sleeping and eating right will help you to feel more energized throughout your busy days.



The Many Benefits of Getting Enough Sleep

- Feeling energized for the day ahead
- Increases memory function
- Could be associated with a longer life span
- Helps spur creativity
- May increase sports performance
- Increases alertness and learning abilities
- Encourages healthy weight loss
- Decreases stress
- Encourages overall well-being
- Sleep disorders have been linked to serious heart problems
- Sleep will help you to feel fully charged for a busy day





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That's Too Bad

More than 31 million Americans skip breakfast every morning. That's about 10% of our population! Make it a point to eat breakfast: you'll feel more energized, and your kids will be ready to learn.

Guaranteed tips to make time for breakfast:

- Prepare a meal the night before and store in the fridge
- Make a list of with tasty breakfast choices
- Pack a quick and healthy breakfast to take on the subway or on the bus
- Grab some whole-wheat toast with peanut butter if you're in a rush!



Breakfast Bars



Ingredients	
1/2 cup chopped lightly toasted nuts	2 tbsp unsweetened shredded coconut
3/4 cup dried fruit	1/2 cup almond or peanut butter
3/4 cup quick oats	1/4 cup honey or syrup
3/4 cup crispy rice cereal	1/2 tsp vanilla extract

Preparation

1. Line the pan with wax or parchment paper and leave enough hanging over the sides so that you can use it to cover the bars later. (You will need a piece a little more than twice the size of the bottom of the pan.)
2. Put the nuts, dried fruit, oats, rice cereal, and coconut in the medium sized bowl and toss well.
3. Put the almond or peanut butter and honey or syrup in the small bowl and microwave until the mixture is softened, about 30 seconds (depending on your microwave). Stir until smooth. Add the vanilla and stir again until smooth.
4. Pour the warm mixture over the fruit-nut mixture in the medium-sized bowl and mix with the spoon until well combined.
5. Dump the mixture into the prepared pan and pat down as hard as you can. You want to make the bars solid (rather than airy). Using the overhanging wax paper, cover the bars completely. Cover the pan with plastic wrap and refrigerate at least 4 hours and up to 1 week.
6. Using a knife, cut into 16 pieces.

Adapted from *Chop Chop*

Learn More! For more healthy tips, visit our website: www.chalkcenter.org
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Healthy Habit of the Month: Switch to low-fat (1%) milk, cheese, and yogurt!

Why low-fat?

Dairy products such as milk, cheese, and yogurt provide our bodies with many nutrients that we need, like calcium, vitamin D, vitamin A, and potassium. We need these special ingredients to build strong bones, eyes, skin, and teeth. We can get all of these nutrients in low-fat dairy, but without the extra fat in regular dairy products. Fat can contribute to heart disease if consumed in excess, so choosing the low-fat products are the best choice!



Choosing the best dairy products for you:

- Opt for milk that says 1%, skim, or low-fat on the label
- Choose low-fat cheeses, and use them sparingly
- When shopping for yogurt, look for low-fat, fat free
- If you choose lactose-free milk, make sure to search the label for low-fat or fat free
- If you're not sure about the fat content of a dairy product, ask somebody in the store

HOW ELSE TO GET CALCIUM:

- Fortified products like certain juices, pastas, soy products, and nut milks
- Dark greens like Chinese cabbage, broccoli, spinach and kale
- Canned sardines, salmon, clams

<http://www.livestrong.com/article/395478-alternative-calcium-sources/>



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“Weight” a Minute!

It's been shown through scientific studies that consuming 2-3 servings of low-fat dairy per day can help with weight loss in adults. Don't dodge the dairy—drink up! It may help you maintain your figure.

<http://www.choosemyplate.gov/food-groups/dairy-amount.html>



Spinach Pesto Dip



You'll Need:

- 1 cup plain, low-fat Greek yogurt
- ½ 10-oz package frozen chopped spinach, thawed and squeezed dry
- ¼ cup pesto
- Salt & pepper to taste

In a small bowl, mix together the yogurt, spinach, pesto, and ¼ teaspoon each salt and pepper. Serve with cut-up vegetables.

From realsimple.com

Learn More!

For more healthy tips, visit our website: www.chalkcenter.org

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Healthy Habit of the Month: Do Something Healthy Everyday that Makes You Feel Good

Why It's Important

With hectic schedules, important demands, and stress from work, home, and everyday tasks we can sometimes forget to think about ourselves. Each day, take a moment and do something that makes you feel good. This can be something that makes you happy, relaxed, thankful, humble, etc. It doesn't have to be something that takes a long time, just something to reconnect with yourself and make your day a little brighter.



10 Suggestions to Change Your Day in a Positive Way

1. Watch a sunset/sunrise
2. Take a walk or bike ride
3. Catch up with an old friend or family member
4. Read a book or magazine
5. Try a new recipe
6. Treat yourself to a meal at a new restaurant
7. Participate in a fitness class
8. Play with your children or nieces and nephews
9. Check out a museum, art exhibit, or historical landmark
10. Make sure you smile and laugh everyday!



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Get in the Mindset

Not sure you can incorporate the 10 ways into your own life? Make up your own! It's very important to **stay positive** and **take time for yourself**. Give yourself **new goals and challenges** to keep your mind fresh and sharp. Make sure to **deal with stress** as it arises and **help others in need**. Remember to **reset and refresh** your body with a good night's sleep and **notice the here and now** during waking hours. When you don't think you can help yourself, don't hesitate to **ask others** for advice.

Make Yourself a Feel Good Treat



Fruit and Yogurt Bites

Looking for an icy cool dessert? Try these! Yogurt is naturally high in protein and low fat varieties help to curb daily fat intake.

Ingredients

1 cup plain, non fat yogurt
A handful of strawberries, sliced or diced

Preparation

Cut stems off strawberries and discard. Dip strawberries in non fat, plain yogurt and place on parchment lined baking sheet. Freeze for at least 12 hours before enjoying.

Learn More! For more healthy tips, visit our website: www.chalkcenter.org
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Healthy Habit of the Month: Drink Water Instead of Juice or Soda

What You Drink Matters

Water makes up about 2/3 of our body weight. We need water to keep our body temperature normal, cushion our joints, protect our spinal cord, and to help remove wastes from our bodies.



Soda, juice, and sports drinks don't hydrate our bodies as well as water and they also have extra calories and sugar. Stay hydrated by drinking water, seltzer, or unsweetened tea instead!

How Much Water Do We Need?

Age Group	# of Glasses needed per day
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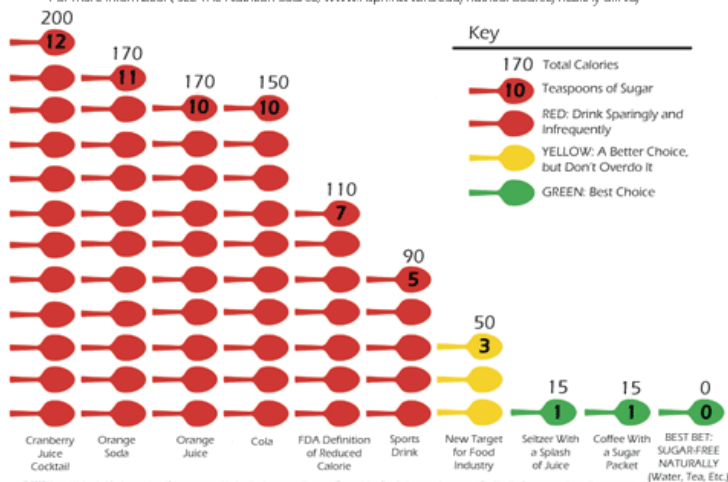
1-3 years old	4
4-8 years old	5
9 years-adult	8

The recommended amount of water we should drink is measured in glasses. 1 glass= 8 oz = 1 cup

How Much Sugar Are You Drinking?

How Sweet Is It?

Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage
For more information, see The Nutrition Source, www.hsph.harvard.edu/nutritionsource/healthy-drinks/



Water has no sugar or calories and is the best choice for hydrating our bodies. Even though 100% fruit juice contains vitamins, it also has a lot of sugar that our bodies don't need. The extra sugar in soda, juice, and sports drinks can lead to tooth decay, obesity, heart disease, and type 2 diabetes. Switch to unsweetened beverages to stop drinking sugar!



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Tips to Help You Drink More Water

1. Drink a glass of water every morning. It helps you wake up and get ready for the day.

2. Drink a glass with each meal. Drinking water with (or a half-hour before) a meal will help keep you from overeating.

3. Keep a bottle of water with you. Refills are available at the nearest water fountain or sink.

4. Drink extra water when you feel thirsty. When you start feeling thirsty, your body needs water fast.

5. Drink water when you exercise. To prevent dehydration, drink water before you start physical activity. **Drink more** after you've finished.

6. If it's hot or humid, drink water to keep cool. It works!

7. Drink water with your snack. It will help you eat less.

Source: nyc.gov



Agua Frescas



Preparation

1. Blend 3 cups of water and all the fruit in a blender.
2. Let the mixture sit and settle for a little while so the flavors can mix.
3. Pour the blended mixture through a strainer, leaving just the liquid.
4. Add the remaining water (3 cups), lime juice, and herbs. Enjoy!

Ingredients

6 cups of water • 1 pound of fruit (Cucumber, watermelon, melon, strawberry) • 2 tablespoons lime juice • ¼ cup of your favorite herb (ex: mint, rosemary, basil, cilantro)

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Healthy Habit of the Month: Turn Off The Screens and Live Your Life!

Power Down

It's hard to "unplug" from all of today's gadgets, but by limiting how often we use them, we give ourselves more time to be active. For both adults and kids, the excess time most of us spend in front of screens leads us to become unbalanced in our energy in/energy out equation. And by sitting more in front of screens, we have fewer opportunities to be active and burn calories.



Perks of Cutting Down Screen Time

- More time to spend outdoors, which has been shown to decrease stress levels
- Time to exercise your brain by learning a new language or playing an instrument
- Kids have more time for homework and studying
- Improve the quality of your family time
- Kids have less exposure to negative imagery and messages (i.e., shows that glamorize violence or promote unrealistic body images and advertisements for unhealthy foods)
- You may sleep better- try it for a week and see!





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It's a Fact:

The average US household has the TV turned on for 8 hours per day! And when you factor in computers, video games, and phones, it's no wonder we have little time to exercise.



Make your Action Plan: It's as easy as 1, 2, 3!

1. Talk with your family or household:

Use this newsletter as a talking point to discuss with your family or friends why you should challenge yourself to limit screen time to 2 hours or less per day. Make a list of alternative things you can do and post it near the TV set.

2. Be active during screen time: When you do watch TV or browse the Internet, try to incorporate stretches, squats, jumping jacks or yoga at the same time. During TV shows, challenge yourself to be active during each commercial break.

3. Make meals about food and conversation: Implement a 'screen free meal' policy in your home. Research shows that families who eat together tend to eat more balanced meals. Also, kids' exposure to TV commercials is thought to be linked to childhood obesity.

Challenge Yourself to Start Today!

Use this screen time log from Let's Move to track how much time you are in front of a screen.

http://www.letsmove.gov/sites/letsmove.gov/files/Goal_Tracking.pdf

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For questions and feedback, please send your email to CHALK@nyp.org



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Healthy Habit of the Month: Snack on Healthy Foods



Adults spend countless hours making sure they have prepared themselves for their job's demands. They prepare their children for school and many prepare other adults as their caregivers. There are even those who juggle the demands of all three. No matter where you are on this spectrum, **have you prepared yourself for your body's daily nutritional demand?** This is done by making sure you have healthy snacks every day.

Healthy snacks are important because:

- They keep our energy levels up between meals.
- Help maintain a healthy weight by controlling appetite so you do not overeat at meal times.
- Provide an opportunity to eat a balanced diet each day.





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Four Ways to Snack the Healthy Way

- 1. Please your palette:** Choices should be something you like both in flavor and texture. Whole grain cereals, carrots and pear slices are good choices if you like making a crunch with each bite.
- 2. Be adventurous:** Mix and match your food groups. Try new combinations like grapes with slices of low-fat cheddar cheese, apple slices with peanut butter or popcorn with raisins.
- 3. Suit your lifestyle:** A small snack-size plastic bag that fits in your pocket is best if you are on the go. Small containers are just as good if you have a less demanding day.
- 4. Size is everything:** Do not be embarrassed to count out 24 raw almonds in advance. Follow the recommended serving size for your snack. Sticking to this will make all the difference.



Learn More About Snacks!

For more healthy tips, visit our website: www.chalkcenter.org

For questions and feedback, please send your email to CHALK@nyp.org

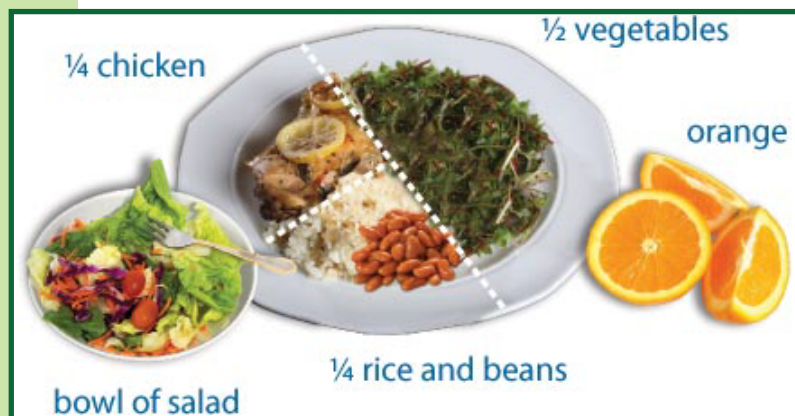


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Healthy Habit of the Month: Eat Smaller Amounts

When Eating Healthy, Size Matters!

Healthy eating is not only about what you eat, but how much you eat. Preparing well-balanced meals and eating proper portion sizes is central to healthy living. What you may receive at a restaurant or at your local store is typically more than you need. Don't let the food go to waste! Take it home for a future snack or meal. This will help to save calories and money.



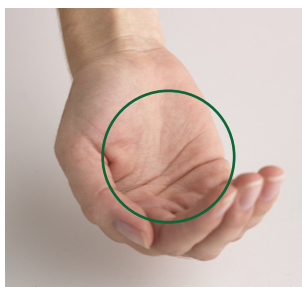
What is the Right Amount?

When determining the right portion size for yourself, use your hands as a guide to help you eat the right portion size. For your children, remember to use their hands as a guide, not yours. Different age groups need different amounts of food.



Palm

Amount of lean meat



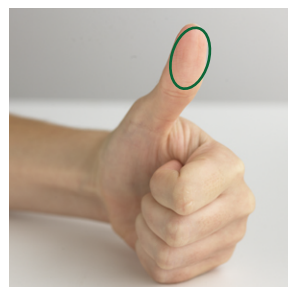
Cupped Hand

Amount of Rice, Beans, Cooked Vegetables, Pasta



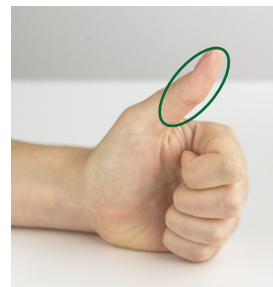
Fist

Amount of Beverage, Fresh Fruit, Salad, Cereal, Soups



Thumb Tip

Amount of Peanut Butter



Thumb

Amount of Cheese



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Easy Ways to Prevent Overeating

- **Plate your food in the kitchen** before sitting down to eat.
- **Eat meals together** as a family without the TV. This helps to manage weight and creates strong family ties.
- **Try to avoid forcing children to eat everything on their plate.** Remember, they have smaller portion sizes than an adult.
- If food is purchased in bulk, **divide it into smaller portions before cooking.** It can be used for another recipe!
- When eating out, **split your dish with someone**, or take half of the meal to go.
- **Cut back on sugary drinks like soda and fruit drinks**, which can contribute extra calories. Substitute with no calorie options, like water or diet soda.

Challenge yourself to start today!

For more information on portion sizes, visit the Weight-Control Information Network:

http://www.win.niddk.nih.gov/publication/just_enough.htm

For more healthy tips, visit our website: www.chalkcenter.org

Additional questions can be emailed to CHALK@nyp.org



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Healthy Habit of the Month: Eat Less Fast Food

Not So Fast!

Before your next run to the drive-thru, consider this:

- Fast food meals are typically higher in calories, fat, sugar, and salt; too much of these

components of food can lead to chronic diseases like heart disease and diabetes.

- Fast food meals can easily be 2-3 times more expensive than comparable (and healthier!) meals purchased and prepared at home.

- Fast food may seem

convenient now, but consider its potential destructive effects on your health later in life.



The Sad Side of Happy Meals

- In studies, young adults who consumed fast food over 2 times a week gained ten extra pounds and were at twice the risk for diabetes compared to those who ate fast food less than one time a week.
- Individuals of any age who eat fast food one or more times per week are at increased risk for weight gain, overweight status, and obesity.
- Added sugars and solid fats like pies, french fries, and dairy desserts, contribute to 40% of 2-18 year-olds' daily calories. Solid fats lack many important nutrients.



For healthy tips, visit our website:
www.chalkcenter.org

For questions and feedback, email
CHALK@nyp.org



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Still Want Fast Food? Make your own!

1. Cook and Chill: A variety of delicious and healthy meals can be prepared ahead and frozen for convenient eating. Go to www.cookinglight.com and search "freezable" to access 17 top-rated freezable recipes!

2. Fast Fruits & Veggies: Wash, peel (if applicable) and slice vegetables in bulk. Store in single-serving containers for an easy-to-grab snack. Most fruits only need to be rinsed, and some, like bananas and oranges, can be peeled and eaten in a matter of seconds!

3. Purchase frozen whole wheat pizza dough: Store in freezer. When ready to use, thaw in the refrigerator during the day. Spread dough on a lightly oiled baking pan. Top with tomato sauce, fresh tomatoes, peppers, onions, and other vegetables, and sprinkle with low-fat cheese. Bake at 425° for 10-13 minutes.



Consider Your Options

You don't have to completely banish fast food from your life! Just eat it less often and when you do, keep these tips in mind:

- Look for healthy alternatives like salads, fruit sides, and items that are baked or grilled instead of fried
- Drink water instead of juice or soda
- Beware of options that may appear healthy but are actually high in calories like some smoothies and salads loaded with dressing

Learn More! Make sure to read the nutritional facts which are available at most fast food establishments or online. To explore the fast food industry in more depth, read *Fast Food Nation* by Eric Schlosser. A version for younger readers is also available, titled *Chew on This*.