



New Year, New You By Emily Rost, Weighing In Intern

With the new year comes the opportunity for a fresh start. For many people, this means leading a healthier lifestyle. We challenge you to set your New Year's health goal. Set a goal also as a family team. Take turns choosing new, fun activities to keep everyone motivated. Step your way to Fit-Tastic today!

Here are some tips to help you achieve your resolution.

1. **Make goals**-Write a goal that is specific, measurable, and reasonable. Focus on one healthy habit at a time. Write down your goal and keep it where you will see it each day.
2. **Track what you eat**-Try a Calorie Counter or Fitness Log app on your phone.
3. **Eat breakfast every day**-Breakfast "breaks your fast" and gets your metabolism going. Eating a healthy breakfast will help you focus at school or work.
4. **Fill up on vegetables**-Vegetables are filled with nutrients, water, fiber, and are low in calories.
5. **Exercise**-Take it slow at first, then increase your time and intensity. Choose physical activities that you enjoy!
6. **Take it slowly**-You want to make permanent changes, and these will take time to implement.
7. **Stick to it**-Experts say it takes about 21 days for a new activity to become a habit. It won't happen overnight, so be patient.
8. **Celebrate Your Success**-Celebrate with a non-food reward for accomplishing your goal.

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Did You Know?

- You burn more calories when you exercise in cold weather because your body has to expend more energy to keep warm.
- In just 30 minutes you can burn an average of 215 calories shoveling snow! Ice skating, skiing and sledding burn about 204 calories in a half hour.



In The News

February- National Children's Dental Health Month

- Fruits and vegetables are good choices for a healthy smile. They are high in fiber and water.
- Crunchy fruits such as apples and pears help clean the teeth.



Up Your Water Intake This Winter By Emily Rost, Weighing In Intern

Did you know that about 60 percent of body weight is composed of water? Your body uses it in all of your tissues, cells and organs to help regulate your bodily functions including temperature.

The Health Benefits of Water:

- ◇ Helps absorb foods and carries nutrients through the body.
- ◇ It can prevent tooth decay.
- ◇ It cools the body, helps improve skin and quenches thirst.

Eat Your Water?

Several fruits and vegetables such as broccoli, grapefruit, cucumbers, pears, celery, strawberries and spinach contain high volumes of water.

DON'T FORGET!

During the cold winter months, consider using a humidifier. Adding moisture to the air can help keep you hydrated and prevent dry skin.



Tips to Help You Drink More H2O:

- ◇ Keep a bottle of water handy to take in the car or on the go.
- ◇ Eat fruits and vegetables- more is better!
- ◇ Drink water with every snack or meal.
- ◇ Add slices of lemon, lime, or oranges to flavor your water.
- ◇ Use frozen chunks of pineapple or watermelon as ice cubes.
- ◇ Drink a cup when you brush your teeth in the morning and at night.



Screen Time Alternatives

- Build a fort.
- Do puzzles together.
- Try making a low-fat fruit dip with your kids.
- Pick up a new craft.
- Write a letter to a friend.
- Make homemade soup.
- Play a card game or board game.
- Turn on music and dance!

What's In Season This Winter?

- Brussels Sprouts
- Chestnuts
- Collard Greens
- Dates
- Grapefruit
- Leeks
- Oranges
- Pears
- Tangerines
- Turnips



www.fruitsandveggiemorematters.com

Keep Warm with Low-fat Dairy

When it's cold outside, try warming up with a mug of sugar free hot chocolate made with low-fat milk. Replace sour cream with plain low-fat yogurt in your soups and chili's and you will be on your way to getting 3 servings a day!



Get Active and Beat the Cold Weather Blues! By Emily Rost, Weighing In Intern

Here are some great activities for kids—no matter the weather. Check them out.

Kansas

- **Advanced Laser Tag** (Olathe, KS)
- **Wonderscope Children's Museum** (Shawnee, KS)
- **Gymboree** (Prairie Village, Ks/Olathe, KS)
- **Schlagle Library** (Kansas City, KS)

Missouri

- **CoCo Key Water Resort** (Kansas City, MO)
- **Gymboree** (Parkville, MO, Lee's Summit, MO)
- **Ice Skating at Crown Center** (Kansas City, MO)
- **Jaegers Paintball** (Kansas City, MO)
- **Landmark Skate Center** (Lee's Summit, MO)
- **LEGOLAND Discovery Center** (Kansas City, MO)

- **Missouri Mavericks CHL Hockey** (Independence, MO)
- **SEA LIFE Aquarium** (Kansas City, MO)

Free activities for kids in KC

- **Anita B. Gorman Discovery Center** (Kansas City, MO)
- **Kaleidoscope** (At Hallmark) (Kansas City, MO)
- **KC Metro Public Libraries** (Kansas City, MO)

- **Lakeside Nature Center** (Kansas City, MO)
- **Moon Marble Factory** (Bonner Springs, KS)
- **Nelson-Atkins Museum of Art** (Kansas City, MO)
- **Science City at Union Station** (Kansas City, MO)
- **Turner Aquatic Center** (Free for Turner residents and \$1 for non-residents) (Kansas City, KS)



Recipe Corner

Taco Soup Recipe

Serving size: 4 servings

Ingredients:

- 1 pound ground beef (90% lean), cooked and drained
- 1 cup chopped onion
- 3 - 10 oz cans tomatoes and green chilies (Rotel)
- 1- 15 oz can kidney beans (not drained)
- 1-15 oz can pinto beans (not drained)
- 2 -15 oz cans white hominy (not drained)
- 1 package taco seasoning (can use low sodium)
- 1 package Ranch dry mix
- 1.5 cups water



Preparation:

1. Mix all ingredients in a large pot.
2. Heat over a low flame or place in a crock pot on low, 6 to 8 hours.
3. Serve as is, or top with light sour cream, jalapenos, or tomato salsa.

*Try lower sodium beans to reduce sodium in recipe.

Nutrition facts per serving:

- 260 Calories, 6g total fat, 33g total carbs, 7g Fiber, 5g sugar, 16g protein

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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