



## Calm Down with Yoga

With the hustle and bustle of the holidays, take a break from the stress and practice some yoga as a family! Here are a few yoga poses to get you started:

**Tree Pose:** Shift your weight to one foot and lift the other foot placing the sole on the inside of your knee to form a triangular window between your legs. Put your hands together and lift them up to the sky. Hold for a few deep breaths. Repeat the pose on the other side.



**Warrior Pose:** Stand with both feet together. Then step back with your right foot so your left knee is bent and your right leg is straight. Your front foot will point forward and your back foot will be horizontal. Raise your arms out like airplane wings. Hold for a few deep breaths. Repeat the pose on the other side.



**Downward-Facing Dog Pose:** Stand tall and raise your arms above your head. Bend forward, putting your hands on the floor. Step your feet back until your body forms a triangle. Push your hips toward the sky. Hold the pose for a few deep breaths.



Volume 7, Issue 1  
Winter 2018

## Did You Know?

- ⇒ The cactus pear, sometimes called a prickly pear, grows on cacti in Mexico and South America.
- ⇒ It can be diced like a pineapple and eaten raw, used on top of yogurt, or in a smoothie.
- ⇒ The cactus pear is an excellent source of vitamin C and fiber.



## In the News

### February is American Heart Month

Keep your heart healthy by engaging in at least one hour of physical activity and eating healthy every day. Learn more about heart health from the American Heart Association at [healthyforgood.heart.org](http://healthyforgood.heart.org)

## Rewards for Cutting Down Screen Time

Check out the benefits to limiting screen time:

**Healthier Eating.** Turning off the TV prevents kids from being bombarded by ads for unhealthy food choices. It also reduces mindless snacking while watching TV. Unplugging during meal time encourages family conversation.

**Better School Outcomes.** Kids' attention spans are longer when they have less screen time. They get better grades, participate more in school activities and have better social skills.

**Increased Physical Activity.** Instead of sitting, kids can use the time to ride a bike, help with yard work or throw a Frisbee.

**Better Sleep.** Turning off devices at least an hour before bedtime and keeping them out of the bedroom results in better sleep. Bright screens tell our brains that it is daytime and make it difficult to fall and stay asleep.



## True or False? Water in the Winter

1. T/F Drinking water is not as important in the winter as in the summer.
2. T/F Cold weather increases your risk of becoming dehydrated.
3. T/F Drinking 4 servings of water a day will ensure you are not becoming dehydrated.



1. False 2. True 3. True

## Sweet Potatoes!

The sweet potato is one of the most popular vegetables in season. They are a very nutritious vegetable. A large sweet potato can contain more than the recommended daily value of vitamin A which is good for your eyes. They contain other vitamins and minerals that help with heart health, digestion and blood sugar control. When selecting sweet potatoes, look for those without cracks or soft spots or discoloration.



## Yogurt in Disguise

When making a dip, substitute half of the sour cream with plain yogurt. Then add herbs and spices like salt, pepper, dill weed, garlic and onion powder. Chop up veggies like celery and carrots to dip and eat.



## Kitchen Tool

Overeating is easy to do, especially when you have a big plate. The bigger the plate, the more food you serve yourself. Using a 9" plate is helpful for controlling portion sizes. Putting less food on your plate means consuming fewer calories. Measure the plates you own and see how wide across they are. If they are bigger than 9", consider investing in



your family's health by purchasing smaller plates. They can be found at the dollar store or Walmart or Target for \$1-\$4.

## Recipe Corner—Pumpkin Pancakes

Serving size: about 1 pancake

Makes 8-10

### Ingredients

- \* ½ cup all purpose flour
- \* ½ cup whole wheat flour
- \* 1 Tbsp packed brown sugar
- \* 1 ½ tsp baking powder
- \* ½ tsp pumpkin pie spice
- \* ¼ tsp salt
- \* 1 egg
- \* 1 cup skim milk
- \* ½ cup pumpkin puree
- \* 1 Tbsp nonstick cooking spray

### Preparation:

1. Put dry ingredients into a bowl (all purpose flour, whole wheat flour, brown sugar, baking powder, pumpkin pie spice and salt) and mix.
2. In another bowl, crack the egg and whisk until the yolk and egg white are completely mixed.
3. Add milk, pumpkin and oil to the egg and beat with a whisk until well mixed.
4. Pour wet ingredients into dry ingredients and mix; the batter should be a little lumpy.
5. Heat a griddle or nonstick skillet on medium and coat with nonstick cooking spray.
6. For each pancake pour about ¼ cup of batter into the hot pan.
7. Cook over medium heat until the pancakes are bubbly and the edges start to get dry, about 2

### Nutrition Facts

Serving Size (58g)  
Servings Per Container

Amount Per Serving

Calories 80      Calories from Fat 20

**Total Fat** 2g      % Daily Value\*

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 20mg      7%

**Sodium** 160mg      7%

**Total Carbohydrate** 13g      4%

Dietary Fiber 1g      4%

Sugars 3g

**Protein** 3g

Vitamin A 30%      Vitamin C 0%

Calcium 6%      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000      2,500

Total Fat      Less than 65g      80g

Saturated Fat      Less than 20g      25g

Cholesterol      Less than 300mg      300mg

Sodium      Less than 2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9      Carbohydrate 4      Protein 4



Recipe from  
The Disney Magic  
Kitchen Cookbook

**CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!**

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

Follow us on

