



Healthy Lifestyles

November 2012

Hello! We continue to grow in the NISD Council and are now up to about 17 boards who are promoting Healthy Lifestyles. I have had the pleasure of meeting some of you and hearing about the great things you are doing. It is very exciting listening to the ideas and programs that are out there for not just the students but the entire family. Getting the entire family involved is so important. When it comes to staying healthy it is not just nutrition, but also the amount of physical exercise and the whole idea behind a certain lifestyle that keeps your body and mind in top shape. Please continue to do the great job you are doing and send information on your programs so that we can include them in our newsletter. We can all benefit from everyone's great ideas!

Enjoy the Thanksgiving holidays!

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Presidential Active Lifestyle Award (PALA+)

<https://www.presidentschallenge.org/challenge/active/index.shtml>

This program truly lives up to its name. The Presidential Active Lifestyle Award challenge will help you add physical activity to your life—and now, it will also help improve your eating habits. (That's why we're calling it PALA+.) Get active and eat better, and you'll feel better, too. Plus, you'll earn an award. **Start the PALA+ challenge!**

Is This For Me?

This challenge is for anyone, from students to seniors, but it's geared toward people who want to set themselves on the road to a healthier life through positive changes to physical activity and eating behaviors. **Vegetarians, vegans, and others with dietary restrictions** can participate, too.

Adults (that's anyone aged 18 and older), your goals are:

Physical activity. You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).

Healthy eating. Each week, you'll also focus on a [healthy eating goal](#). There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

Kids and teens (that's anyone between 6 and 17 years), your goals are:

Physical activity. You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 12,000). Read about the [recent change to step requirements for kids and teens](#).

Healthy eating. Each week, you'll also focus on a [healthy eating goal](#). There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

Starting the PALA will help you or your students:

Commit to daily physical activity—and stick with it.

Commit to making healthier food choices—one goal at a time.

Set realistic goals to encourage fitness and healthy eating habits for a lifetime.

Track your progress with our free personal activity log, which you can access online after you [create an individual account](#), or on a [paper log](#).

Did Someone Say 'Award'?

It's easy to earn the [Presidential Active Lifestyle Award](#). All it takes is a commitment to being active and healthier eating for 6 out of 8 weeks. Stick with the program and you'll earn an award in less than two months. So what are you waiting for? [Sign up today!](#) <http://www.fitness.gov>

PTA Vision

Every child's potential is a reality.

PTA Mission

To make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

BIKING IN SAN ANTONIO

http://www.sanantonio.gov/oep/sabikes/docs/2012_BikeMap_All.pdf

Two-wheeling your way

through San Antonio gives you the opportunity to see the sights up close and at your own pace. The website listed above has maps outlining six routes ranging from a quick spin to those that will require more pedal power. They are:

1. Alamo HemisFair Out & Back – 1.7 miles
2. Brackenridge Park Out & Back – 6.9 miles
3. Pearl Brewery Out & Back – 3.2 miles
4. King William Out & Back – 3.6 miles
5. Mission Trail Out & Back – 20 miles
6. East Side Out & Back – 1.7 miles

Bicyclists observe the same traffic regulations as motor vehicles, and you should take all safety precautions, such as signaling turns, wearing a helmet, and braking for pedestrians. Be sure to take water with you, wear sunscreen and lock your bike when parking. Should you and your bike need a lift, hop on a VIA bus with a bike rack.

For more information about any of the sites, including maps and brochures, please visit the **San Antonio Visitor Center at 317 Alamo Plaza**. Please note that many of these rides mix with urban vehicular traffic.



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Plan and Practice Your Home Fire Escape Plan

<http://www.safekids.org/safety-basics/safety-spotlight/plan-and-practice-your-home-fire-escape/>

Safe Kids Worldwide and the United States Fire Administration are teaming up to ask every family to create a home fire escape plan and to practice it with the entire family. We are working to raise awareness on fire safety all month long.

- Every day at least one child dies in a home fire. In that same day, 293 children suffer from a non-fatal unintentional injury caused by a fire or burn.
- Home fires account for nearly 90 percent of all fire-related fatalities.
- 77 percent of families have not developed and practiced a home fire escape plan, one of the most important components to surviving a home fire.
- Fire can spread rapidly through a home, leaving a family as little as two minutes to escape safely once the alarm sounds.
- Safe Kids and the United States Fire Administration are encouraging everyone to create and practice an at-home fire escape plan.
- Download our fire escape worksheet, in [English](#) or in [Spanish](#). The worksheet provides a diagram to help children and parents work together to create and practice their own fire escape plan.

Have a safe and Happy Thanksgiving!



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Healthy Lifestyle Chair Roundtable

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One of our Healthy Lifestyle Chairs suggested meeting to share ideas and talk about programs that you have done and/or to get new ideas.

I have reserved a room on Thursday, December 6<sup>th</sup> from 6:30pm - 8:30pm at Northside Activity Center (NAC) on Culebra and Loop 410. This is where the football field and Paul Taylor field house is located.

Please join us! I would love to meet all of you and the more the merrier. If possible please let me know if you will be coming so that I know how many to plan for but if you forget to RSVP and want to come at the last minute please do so! I will try to get donations for light refreshments.

See you then!! 😊

Enjoy your food, but eat less



Get to know the foods you eat using the SuperTracker. Learn about appropriate serving sizes and compare foods to help improve your food choices. The Food-A-Pedia allows you to look up and compare nutrition information for more than 8,000 foods.

For more tips go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

## Other Useful Websites

Bike Texas – Texas Bicycle Coalition  
[www.biketexas.org](http://www.biketexas.org)

Vaccines.gov – Your Best Shot at Good Health  
[www.vaccines.gov](http://www.vaccines.gov)

Department of Agriculture  
(information on school lunches)  
[www.squaremeals.org](http://www.squaremeals.org)

Nourish Interactive  
(printables, tips, games, meals planning, & more---also in Spanish)  
[www.nourishinteractive.com](http://www.nourishinteractive.com)

The National Dairy Council  
(you can sign up for newsletters)  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

Food-a-pedia  
For quick access to food information. Find calories and food groups for a food, or compare two foods.  
[www.foodapedia.gov](http://www.foodapedia.gov)

Nutrition Facts label  
For information about understanding and using the Nutrition Facts label on food products  
[www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)

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# Healthy Lifestyles

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**School meals matter!** The school day just got healthier thanks to new school breakfast and lunch meal standards. Encourage your child to check out these new meals and find their favorites.

**The new school meals focus on more whole grains, fruits, and vegetables;** low-fat or non-fat milk; and less sodium and fat.

**Teachers will tell you that well-nourished kids are ready to learn and do better in class.** When we give kids plenty of healthy food choices and regular physical activity at school, they learn healthier habits for life.

**Nutritious meals and snacks will help kids stay healthy,** reducing their risk for obesity, diabetes, high blood pressure, and other serious chronic diseases.

**School meals are “right sized.”** Based on their age, students are getting the right portions and now they will be getting more of some foods like fruits and vegetables.

**You have the power to encourage your children to build a healthy plate at school and home.** Review the school menu with your kids and encourage them to try new foods, especially the healthy foods offered.

**Your child picks up all of your attitudes and behaviors** – including your eating habits. Since kids love to copy what their parents do, they are likely to mimic your willingness to try new foods.

**Kids need to try new foods many times before they like them!** Here are some helpful tips to take an active role in school meals and encourage your children to eat healthy foods:

- **Make time** to join your child(ren) for lunch in the school cafeteria.
- **When your child gets home from school**, ask what was served and what(s)he ate for lunch.
- **Eat meals with your child(ren) whenever possible.** Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks.
- **Grocery shopping can teach your children about food and nutrition.** Help your children make healthy choices.
- **Discuss where vegetables, fruits and grains**, dairy and protein foods come from with your child.
- **Share the adventure** and serve new foods offered in the school cafeteria at home.

**The School Day Just Got Healthier!** Together we can make a difference and help our kids develop healthy habits for life.

U.S. Department of Agriculture ● Food and Nutrition Service ● August 2012 ● USDA is an equal opportunity employer and provider.

Information from: [www.fns.usda.gov/healthierschoolday](http://www.fns.usda.gov/healthierschoolday)

## GET FIT TIPS



Set aside time to be active by scheduling it as an appointment on your calendar



Bad weather? Try an active video game or keep an exercise DVD on hand.

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