



Healthy Lifestyles

November 2013

Hello all. As we are moving into the fall season there are many holiday events coming up and with all those events come a lot of delicious holiday food. As you are making that delicious pumpkin pie or having that second helping of your favorite dish remember that eating healthy during the holidays can sometimes be a little harder but can be done. If you feel like you've eaten just a little too much you can always get out and do some extra physical activity to even out the score. Your body will love you for it!

This newsletter will be the last of the 2013 year. Since December is such a busy and short month there is not a newsletter. I would like to thank all of you for your hard work and volunteer efforts in making healthy lifestyles a part of your campus.

Happy Holidays to all.

Donna Smith
Healthy Lifestyles Chair
Northside ISD Council of PTAs
210/422-0949
drsmith9219@sbcglobal.net



November is National Diabetes Month

American Diabetes Month is a time to raise awareness of diabetes prevention and control. In the United States, more than 25 million people are living with diabetes and 79 million more are at risk of developing type 2 diabetes.

Over time, if it's not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness.

You may be at risk for type 2 diabetes if you:

- Are overweight
- Exercise less than 3 times a week
- Are over 45 years old
- Have high blood pressure or high cholesterol
- Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific Islander
- Have a parent, brother, or sister with diabetes
- Having high blood pressure
- Having low HDL, also known as "good" cholesterol and/or high levels of triglycerides
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

You can do a lot to lower your chances of getting type 2 diabetes by:

- Eating healthy
- Watching your weight
- Being active
- Controlling your blood pressure and cholesterol



Check out the American Diabetes Association website at www.diabetes.org for information on the following topics:

- Diabetes Basics
- Living with Diabetes
- Food and Fitness
- In my Community
- News and Research

Information is also available in Spanish.



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The HEB Community Challenge has officially ended. They are currently reviewing the top communities within each size category to ensure the content uploaded is appropriate and within the guidelines. Once completed, they will announce this year's winning communities. Thank you to all who worked toward a healthier community!
Please check back to the website in a few days:
<http://HEBcommunitychallenge.com>

My Health Advisor

From: www.americandiabete.org

Just enter some basic health information and the award-winning **My Health Advisor** very accurately calculates your risk for:

- type 2 diabetes
- heart disease
- stroke.

Then, once **My Health Advisor** calculates your personal risk, you can quickly and easily see the difference simple lifestyle changes—such as losing weight or quitting smoking—can make in your overall risk.

You will receive a **personal action plan** outlining suggestions for lowering your risk for these deadly diseases. When you're done, you can print out your results.

You can also them with you to your next checkup and discuss them with your doctor. Below is an example of what you will see after putting in some basic information at the following web address:

<http://www.diabetes.org/diabetes-basics/prevention/my-health-advisor/>



Did you know that San Antonio has a website dedicated to being fit? Go to www.fitcitysa.com and find out about healthy eating, physical activity and events in our city! There you can find a calendar of all the events going on in San Antonio throughout the month.



THESE AFFECT YOUR RISK FOR TYPE 2 DIABETES	CURRENT HEALTH PROFILE	MODIFIED HEALTH PROFILE	HEALTHY TARGETS
Weight	220 HIGH RISK	195 MODERATE RISK	129 to 174
Fasting blood glucose	95 LOW RISK	95 LOW RISK	99 or less
Systolic blood pressure	120 MODERATE RISK	120 MODERATE RISK	119 or less
Diastolic blood pressure	75 LOW RISK	75 LOW RISK	79 or less
HDL cholesterol	45 LOW RISK	45 LOW RISK	40 or more
Triglycerides	145 LOW RISK	145 LOW RISK	149 or less

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Physical Activity

From: www.americandiabete.org

What can physical activity do for me?

- Helps keep your blood glucose, blood pressure, HDL cholesterol and triglycerides on target
- Lowers your risk for pre-diabetes, type 2 diabetes, heart disease and stroke
- Relieves stress
- Strengthens your heart, muscles and bones
- Improves your blood circulation and tones your muscles
- Keeps your body and your joints flexible

Even if you've never exercised before, you can find ways to add physical activity to your day. You'll get benefits, even if your activities aren't strenuous. Once physical activity is a part of your routine, you'll wonder how you did without it.

What kinds of physical activity are best?

A complete physical activity routine includes four kinds of activity:

1. Activity—walking, using the stairs, moving around—throughout the day
2. Aerobic exercise, such as brisk walking, swimming, or dancing
3. Strength training, like lifting light weights
4. Flexibility exercises, such as stretching

Aerobic exercise

Aerobic exercise makes your heart and bones strong, relieves stress and improves blood circulation. It also lowers your risk for type 2 diabetes, heart disease and stroke by keeping your blood glucose, blood pressure and cholesterol levels on target. Aim for about 30 minutes a day, at least 5 days a week. If you haven't been very

active recently, start out with 5 or 10 minutes a day. Then work up to more time each week. Or split up your activity for the day—try a brisk 10-minute walk three times each day. If you're trying to lose weight, you may want to aim for more than 30 minutes a day.

Here are some ways to get aerobic exercise:

- Take a brisk walk every day
- Go dancing or take a dance aerobics class
- Swim or do water aerobics
- Take a bicycle ride outdoors or use a stationary bicycle indoors

Strength training

Strength training helps build strong bones and muscles and makes everyday chores like carrying groceries easier. With more muscle, you burn more calories, even at rest.

Do your strength routine several times a week. Here are some ways to do strength training:

- Lift light weights at home
- Join a class that uses weights, elastic bands, or plastic tubes
- When you travel, make time to use the hotel fitness center. Or bring lightweight, easy to pack resistance bands with you

Flexibility exercises

Flexibility exercises, also called stretching, help keep your joints limber and lower your chances of getting hurt. Gentle stretching for 5 to 10 minutes helps your body warm up and get ready for activities and cool down afterwards.

How to get started

Choose one or two things you'd like to try to get started. Then set a realistic, achievable plan to make it happen. Learn more about setting realistic, achievable goals.

Keep a record of your progress

Keep track of your activity. You might find that writing everything down helps keep you on target. Think about what works best for you. You might try a notebook, calendar, spreadsheet, cell phone or online activity tracker to log and record your progress.

How a support system can help

It may be helpful to meet on a regular basis with others who are also trying to be active. Think about joining a group for exercise or general support or find a walking buddy. You can then work together to reach your goals.

Physical Activity Tracker

Date/Time	Activity Type	Minutes	Notes

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Tips for Vegetarians

From: www.myplate.gov

Vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Follow the food group recommendations for your age, sex, and activity level to get the right amount of food and the variety of foods needed for nutrient adequacy.

Nutrients that vegetarians may need to focus on include protein, iron, calcium, zinc, and vitamin B₁₂.

Nutrients to focus on for vegetarians

- **Protein** has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Combining different protein sources in the same meal is not necessary. Sources of protein for vegetarians and vegans include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein sources for lacto-ovo vegetarians.
- **Iron** functions primarily as a carrier of oxygen in the blood. Iron sources for vegetarians and vegans include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).



- **Calcium** is used for building bones and teeth and in maintaining bone strength. Sources of calcium for vegetarians and vegans include calcium-fortified soymilk, calcium-fortified breakfast cereals and orange juice, tofu made with calcium sulfate, and some dark-green leafy vegetables (collard greens, turnip greens, bok choy, mustard greens). The amount of calcium that can be absorbed from these foods varies. Consuming enough plant foods to meet calcium needs may be unrealistic for many. Milk products are excellent calcium sources for lacto vegetarians. Calcium supplements are another potential source.
- **Zinc** is necessary for many biochemical reactions and also helps the immune system function properly. Sources of zinc for vegetarians and vegans include many types of beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds. Milk products are a zinc source for lacto vegetarians.
- **Vitamin B₁₂** is found in animal products and some fortified foods. Sources of vitamin B₁₂ for vegetarians include milk products, eggs, and foods that have been fortified with vitamin B₁₂. These include breakfast cereals, soymilk, veggie burgers, and nutritional yeast.

Tips for Vegetarians

- Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice. Don't overload meals with high-fat cheeses to replace the meat.
- Calcium-fortified soymilk provides calcium in amounts similar to milk. It is usually low in fat and does not contain cholesterol.
- Many foods that typically contain meat or poultry can be made vegetarian. This can increase vegetable intake and cut saturated fat and cholesterol intake. Consider:
 - pasta primavera or pasta with marinara or pesto sauce
 - veggie pizza
 - vegetable lasagna
 - tofu-vegetable stir fry
 - vegetable lo mein
 - vegetable kabobs
 - bean burritos or tacos
- A variety of vegetarian products look (and may taste) like their non-vegetarian counterparts, but are usually lower in saturated fat and contain no cholesterol.
 - For breakfast, try soy-based sausage patties or links.
 - Rather than hamburgers, try veggie burgers. A variety of kinds are available, made with soy beans, vegetables, and/or rice.
 - Add vegetarian meat substitutes to soups and stews to boost protein without adding saturated fat or cholesterol. These include tempeh (cultured soybeans with a chewy texture), tofu, or wheat gluten (seitan).
 - For barbecues, try veggie burgers, soy hot dogs, marinated tofu or tempeh, and veggie kabobs.
 - Make bean burgers, lentil burgers, or pita halves with falafel (spicy ground chick pea patties). *[Continued next page]*

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- Some restaurants offer soy options (texturized vegetable protein) as a substitute for meat, and soy cheese as a substitute for regular cheese.
- Most restaurants can accommodate vegetarian modifications to menu items by substituting meatless sauces, omitting meat from stir-fries, and adding vegetables or pasta in place of meat. These substitutions are more likely to be available at restaurants that make food to order.
- Many Asian and Indian restaurants offer a varied selection of vegetarian dishes.

Tips for Following a Vegetarian Diet

The [MyPlate Ten Tips Nutrition Education Series](http://myplate.gov) (myplate.gov) provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator. For more information, check out the [USDA National Agriculture Library's Vegetarian Nutrition Resource List](http://usda.gov). (usda.gov)

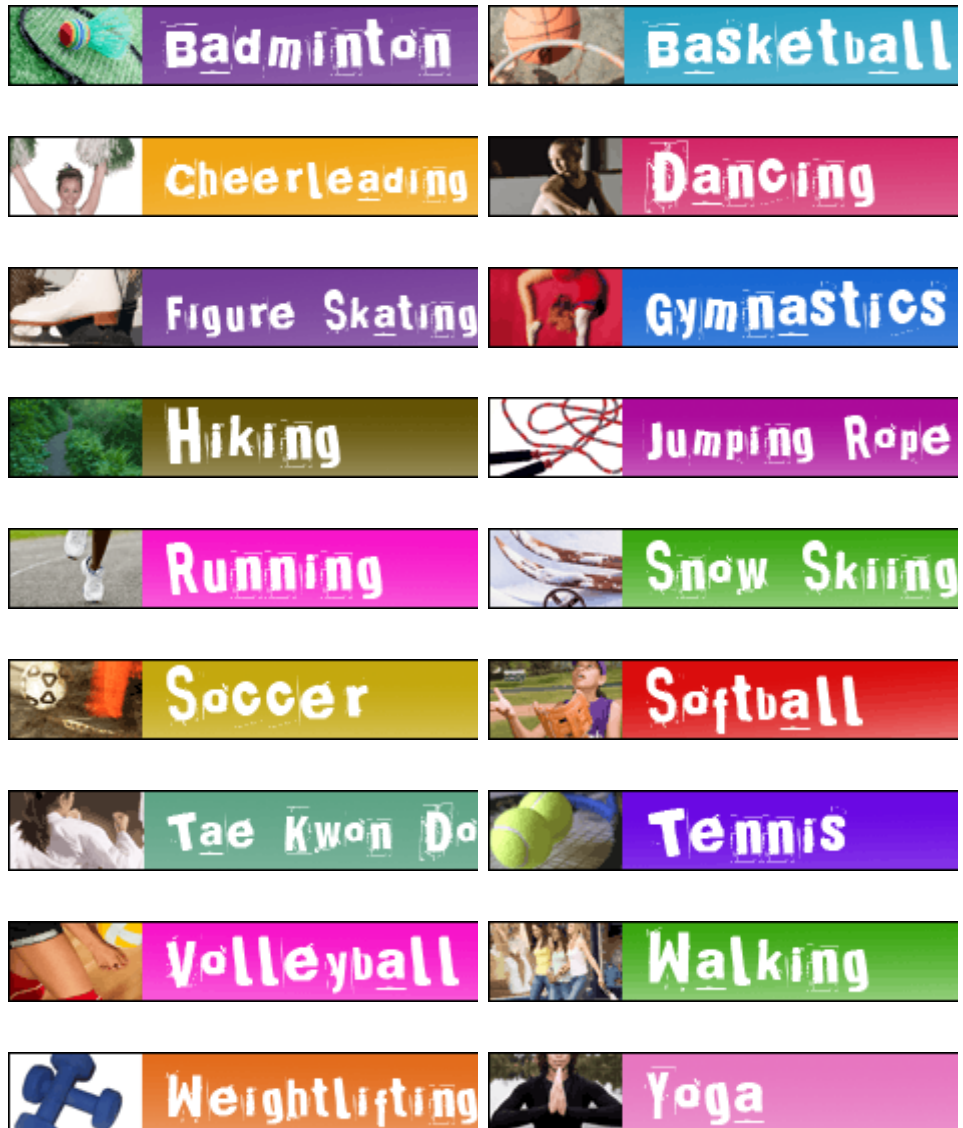
Your Bones

What It's All About

The *Best Bones Forever!* Campaign encourages girls to get active and eat more foods with calcium and vitamin D. Why is this important? Because getting lots of physical activity and snacking on foods with calcium and vitamin D are [what's best for your bones!](http://bestbonesforever.gov) Healthy bones are important to help you grow strong and stay strong forever!

<http://bestbonesforever.gov>

Get Active! Best for Bones Activities



What about swimming and biking?

Swimming, which is good for your heart and other muscles, isn't the best choice for building bones. Ever notice how you feel a lot lighter in a pool? Water cuts down on the pull of gravity, so your bones don't really get a good workout. Riding your bike is also not an activity that's best for your bones. Just like water, the bike is actually doing the work for you. These activities are fun, though, and good for your health! Just make sure you mix in some best-for-bones activities too.

The above was taken from bestbonesforever.gov, which is a link off of girlshealth.gov. Both sites have a lot of good information for girls on the importance of diet and exercise.

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A Good Night of Sleep is Important

Sleeping to Learn

Research suggests these tips may aid students and other learners:

- Get a good night's sleep before learning. Lack of sleep can cut learning ability by up to 40%.
- Get a full night of sleep within 24 hours after learning to strengthen new memories and build connections between different pieces of information.
- Get enough sleep each night—7 to 8 hours for most adults. Memories won't be strengthened with 4 hours or less of nighttime sleep.
- Naps might help or hinder. A 90-minute nap can strengthen memories, but naps late in the day may make it harder to get to sleep at night.

Getting Quality Sleep

- Go to bed the same time each night and get up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (but not right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. A warm bath or reading might help.
- Avoid alcohol and stimulants such as caffeine late in the day.
- Avoid nicotine.
- Consult a health care professional if you have ongoing sleep problems.

Portion Size Matters

Portion Size – The amount of food or drink a person chooses to eat or drink at one time.

Serving Size – A specific amount used for calculating nutrition and calories.

Portion Sizes: Then and Now

Compare portion sizes from 20 years ago with today's portions. See how the extra calories can add up.

How Can You Eat Smaller Portions?

- Split a large salad or main dish with a friend.
- Eat one slice of pizza instead of two.
- Share a tub of popcorn if you buy one.

It can be hard to eat or drink a healthy portion, because:

- Many people don't know what a healthy portion is.
- Restaurants often serve large meals. Some meals have portions that are enough for two people or more.
- Food makers package foods and drinks in large sizes to sell more.

Portion sizes have grown over the years. They are much larger now than 20 years ago.

Item	20 years ago	Today
Bagel	3" bagel: 140 calories	6" bagel: 350 calories
<i>Today's bagel has 210 more calories.</i>		
Soda	6 ½ oz: 85 calories	20 oz: 250 calories
<i>Today's soda has 165 more calories.</i>		
Pizza	2 slices of a large pepperoni pizza: 500 calories	2 slices of a large pepperoni pizza: 850 calories
<i>Today's pizza has 350 more calories.</i>		
Popcorn	Box of popcorn: 270 calories	Tub of popcorn: 630 calories
<i>Today's popcorn has 360 more calories.</i>		



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