



Healthy Lifestyles

October 2013

Hi everyone and I hope you are all enjoying the new school year. I am excited to say that we have just over 30 schools participating in the Healthy Lifestyles program this year so far! Last year we had only 15 at the end of the year. We have already doubled since May and hope to continue to add additional schools throughout the year. The Healthy Lifestyles topic has so many different activities that can be used to educate our students and families. Everything from newsletters to health fairs and so much in between makes for a fun and creative year. A few weeks ago I was at Helotes Elementary for the MyPlate Tailgate Event. Please let me know of events you have and send pictures so we can include them in our Council newsletter. I look forward to hearing from you at any time with ideas, suggestions, or questions.

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Tips for Increasing Your Fluid Intake by Drinking More Water

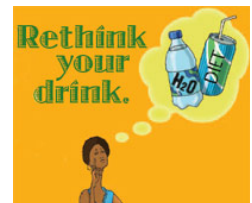
Under normal conditions, most people can drink enough fluids to meet their water needs. If you are outside in hot weather for most of the day or doing vigorous activity, you may need to increase your fluid intake.

If you think you're not getting enough water each day, the following tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.
- Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.
- Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

Do sugar-sweetened beverages count?

Although beverages that are sweetened with sugars do provide water, they usually have more calories than unsweetened beverages. To help with weight control, you should consume beverages and foods that don't have added sugars.



Examples of beverages with added sugars:

- Fruit drinks.
- Some sports drinks.
- Soft drinks and sodas (non-diet).

Rethink Your Drink

When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

What Do You Drink? It Makes More Difference Than You Think!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake. Calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink. *(cont'd next page)*

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Learn To Read Nutrition Facts Labels Carefully

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. The example below shows the label on a 20-oz. bottle. As you can see, it lists the number of calories in an 8-oz. serving (100) even though the bottle contains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100 x 2.5). You can see that the contents of the entire bottle actually contain 250 calories even though what the label calls a "serving" only contains 100. This shows that you need to look closely at the serving size when comparing the calorie content of different beverages.

NUTRITION FACTS LABEL
Serving Size 8 fl. oz.
Servings Per Container 2.5
Amount per serving
Calories 100



Join Texas PTA, ActiveLife and HEB in a competition to motivate communities to get healthy! Make sure to sign the PTA pledge, and get busy making your school and community a healthier place! Last year San Antonio won 1st place for communities of our size in Texas. As of September 29th 82,650 points. Let's keep the lead and show everyone that we are the most fit city! Please log on and continue to add points by doing healthy activities and reporting them to the website:

<http://HEBcommunitychallenge.com>

PTA Vision

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DID YOU KNOW Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations.

Take the Red Ribbon Pledge now and be a part of the creation of a drug free America.

What's the Pledge about?

As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.

We will set clear rules for our children about not using drugs.

We will set a good example for our children by not using illegal drugs or medicine without a prescription.

We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.

We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

I pledge to set guidelines to help children grow up safe, healthy and drug-free.

Get Behind National Teen Driver Safety Week

The next National Teen Driver Safety Week (NTDSW) takes place on **October 20-26, 2013**. This year's theme is **'It Takes Two: Shared Expectations for Teens and Parents for Driving.'** Whether you're still practice driving or driving on your own, you and a parent (or other trusted adult) should work together to help you become a safe skilled driver. You should **expect and advocate for support in driving** from a trusted adult. Here are some tips to get you started:

- **Advocate for 65+ hours of supervised driving practice.** To make it easy, keep a driving log and follow a driving lesson timeline to ensure that your parent provides you with lots of varied practice while learning to drive and careful monitoring for the first year after licensure. To be successful, it's crucial to create the right learning environment. Here's how.
- **Know what you don't know.** A recent CHOP study found that 75 percent of serious teen crashes were due to a critical teen driver error, with three common errors accounting for nearly half of all serious crashes:
 - **driving too fast for road conditions**
 - **being distracted**
 - **failing to detect a hazard**
- **Make sure your parent teaches you critical driving skills.** Try to accept constructive criticism and ask your parent to teach you the following skills to prevent the three common errors that lead to teen crashes:
 - **speed management** – This includes always following the

speed limit, as well as knowing when to adjust your speed in congested zones and residential areas, during inclement weather, and on poorly lit roads.

- **recognizing and avoiding distractions** – This means limiting the number of peer passengers, having a no cell phone or electronic device rule, and lowering radio volume.
- **scanning for hazards** – This involves observing the surroundings far ahead of the vehicle and side-to-side so that you have sufficient warning to react and avoid a potential crash.
- **Develop house rules for your first year of independent driving.** Learn how.

SPREAD THE WORD!

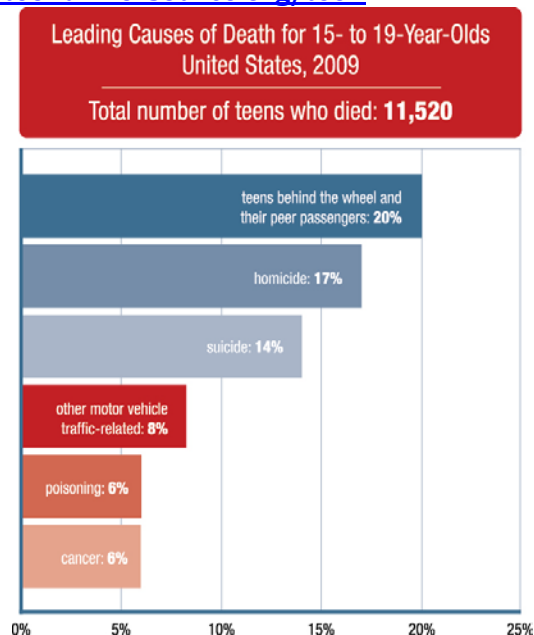
Get your friends involved in creating a NTDSW campaign at your school that helps teens and parents set clear expectations for each other to develop safe skilled drivers. For campaign ideas or to share what you are doing for NTDSW, visit the Ride Like A Friend. Drive Like You Care Facebook page. To help other teens do the right thing as a passenger and a driver, learn about messaging to motivate.

Follow Ride Like A Friend on:



Remind your parents that they're your role models for safe driving behavior. Share this link with them!

<http://www.teendriversource.org/teen>



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Everyday Ideas to Move More

Help your family move more each day and have fun with it. Think about what your family can do to be active together. Here are some ideas.

Make Time

- Identify free times. Keep track of your daily activities for one week. Pick two 30-minute time slots you could use for family activity time.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or a friend's house, walk the dog with your children, exercise while you watch TV, or park farther away from your destination.
- Try to walk, jog, or swim during your lunch hour, or take fitness breaks instead of coffee breaks. Try doing something active after dinner with your family, or on weekends.
- Check out activities requiring little time. Try walking, jogging, or stair climbing.

Bring Others Into It

- Ask friends and family to support your efforts.
- Invite them to be active with you.
 - Set up a party or other social event with activities that get people moving, like dancing or having a jump rope contest.
 - Exercise with friends.
 - Play with your kids or ask them to join you for an exercise video or fitness game.
- Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.

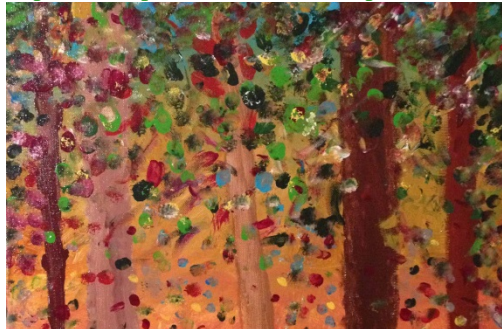
Energize Yourself

- Plan to be active at times in the day or week when you feel you have a lot of energy.
- Convince yourself that if you give it a chance, physical activity will increase your energy level—then try it.

State Parks Programs

"Get to Know" Texas State Parks Youth Art Contest

<http://www.tpwd.state.tx.us/state-parks/>



The national contest runs through November 1st and is open to youth (19 and younger) to showcase works of art created in Texas state parks. All works will appear in the Texas State Parks Gallery. Learn about the prize packages, and how to enter. Remember, kids 12 and under play free in all Texas State Parks!

- ❖ [Learn about the prize packages, and how to enter!](#)
- ❖ [More about the Arts in the Parks »](#)
- ❖ [Find arts & crafts events at a State Park »](#)

Outdoor Activity of the Month

Geocaching in State Parks



Join the search for over one thousand hidden geocaches in Texas State Parks! Geocaching is a wildly popular activity in Texas where participants search for hidden "caches" (prize-filled containers) using a Smartphone app or GPS device.

- ❖ [Learn more about geocaching in parks »](#)
- ❖ [Find free geocaching workshops in your area »](#)
- ❖ [Watch an "Introduction to Geocaching" video »](#)

October 19 End Date

[Texas Outdoor Family | Government Canyon SNA \(Central Texas\) | \(OPEN\)](#)

Government Canyon State Natural Area

This Texas Outdoor Family workshop will feature special lessons on the Edwards Aquifer, along with geocaching and arts and crafts time for the Jr. Rangers.

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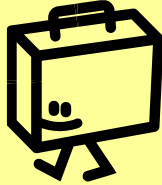
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Packing a healthy lunch every day vs. eating out can save you money and calories.



More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.



National Bullying Prevention Month

<http://www.pacer.org/bullying/sites-for-teens-and-kids.asp>

Sites for Teens and Kids



TeensAgainstBullying.org

Created by and for teens, it's a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to join an important social cause.



KidsAgainstBullying.org

A creative, innovative, and educational site designed by and for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action.

[MEET THE CLUB CREW](#)

The "Club Crew" is the cast of 12 original animated characters on the Kids Against Bullying website

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Step Out: Walk to Stop Diabetes

Do You Want to Make a Difference?

Join the American Diabetes Association on November 2, 2013 as we hold the annual [San Antonio Step Out: Walk to Stop Diabetes](#). Our Walk raises funds to help find a cure and raises awareness about the devastating long term impact of diabetes. This event is a fun, family-friendly event that the entire family can enjoy, while helping us Stop Diabetes.

[San Antonio Step Out](#)

Saturday, November 2, 2013
AT&T Center

For more information, please visit www.diabetes.org/stepoutsanantonio or contact David Whitt at dwhitt@diabetes.org or 210-829-1765 ext. 6127.

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.



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Tips for Eating Healthy When Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Ask for salad dressing to be served "on the side" so you can add only as much as you want.
 - Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks

This year's **Out of the Darkness Walk for Suicide Prevention** will happen on October 19, 2013 at Woodlawn Park. Same-day registration starts at 9am and the walk starts at 10am. Tiara Thomas is this year's coordinator and you can [email her](#) or call her at 210-417-8672 to volunteer. More than \$7,700 has already been pledged to participant walkers to fund suicide prevention education and training programs.

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Active Families

www.letsmove.gov

Engaging in physical activity as a family can be a fun way to get everyone moving. Studies show that kids who believe they are competent and have the skills to be physically active are more likely to be active. And those who feel supported by friends and families to become active, or surrounded by others interested in physical activity, are more likely to participate.

Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! And remember, sleep is just as important and is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by nine percent.

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, kites, and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Facilitate a safe walk to and from school a few times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Find time to spend together doing a fun activity: family park day, swim day or bike day.
- Issue a family challenge to see who can be the first to achieve a **Presidential Active Lifestyle Award** (<https://www.presidentschallenge.org/challenge/active/>) by committing to physical activity five days a week, for six weeks. Adults

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and children can both receive the award!

- Talk to your children's principal or write a letter to your district superintendent to incorporate more physical education in schools.
- Encourage schools to hold recess prior to lunch to increase physical activity before mealtime.
- Volunteer to help with afterschool physical activity programs or sports teams.
- Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.
- Learn how engaging in outside activities can be fun and affordable for families through *Let's Move Outside*, which promotes a range of healthy outdoor activities for children and families across the country.

SuperTracker:



My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

Some types of physical activity are especially beneficial:

- **Aerobic activities** make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.
- **Muscle-strengthening activities** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.