



Healthy Lifestyles

March 2014

Hello all,

This month is American Red Cross Month. Many of us think of the Red Cross as an organization which helps out in times of disaster. Although they are there to help in disasters they also have many other areas in of support.

Health and training certification is another area in which they support the community. You can learn about CPR, lifesaving, swimming and babysitting; some classes are even on line. On page 5 of this newsletter is information on the online Babysitter Class, however, there are many others available. The American Red Cross also has information on volunteering and/or becoming a trainer at their website at www.redcross.org.

This is also National Nutrition month and I am always looking for new ideas to pass on. For those of you with seniors who will be going off to college next year you can find tips at www.myplate.gov site especially for the college student.

Have a great month!

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eat smart and be active

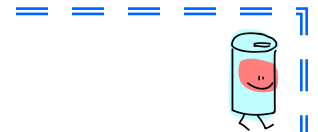
as you grow

10 Healthy tips for teen girls

Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

build strong bones

A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.



cut back on sweets

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.

check Nutrition Facts labels for iron

Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.



be a healthy role model

Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

(Continued from page 1)

try something new

Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.

include all food groups daily

Use MyPlate as your guide to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

everyone has different needs

Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

eat right. Academy of Nutrition and Dietetics

<http://www.eatright.org/nnm/games/>



Here is a great site with games for kids and lots of information for adults!

Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with fat-free or low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer fat-free or low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with fat-free or low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with fat-free or low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Power up with a healthy breakfast and you're off to a great start!

Springtime Cereal (Makes 2 servings)

Ingredients

3/4 cup wheat and barley nugget cereal
1/4 cup 100% bran cereal
2 tsp. toasted sunflower seeds
2 tsp. toasted almonds, sliced
1 Tbsp. raisins
1/2 cup bananas, sliced
1 cup strawberries, sliced
1 cup raspberry or strawberry flavored low-fat yogurt

Directions

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!

Nutrition Information Per Serving

Calories: 352
Fat: 6 g
Saturated fat: 1 g
Carbohydrate: 69 g
Sodium: 272 mg

PTA Vision

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Choose the Foods You Need to Grow

10 tips for teen guys

Feed your growing body by making better food choices today as a teen and as you continue to grow into your twenties. Make time to be physically active every day to help you be fit and healthy as you grow.

get over the idea of magic foods

There are no magic foods to eat for good health. Teen guys need to eat foods such as vegetables, fruits, whole grains, protein foods, and fat-free or low-fat dairy foods. Choose protein foods like unsalted nuts, beans, lean meats, and fish. SuperTracker.usda.gov will show if you are getting the nutrients you need for growth.

always hungry?

Whole grains that provide fiber can give you a feeling of fullness and provide key nutrients. Choose half your grains as whole grains. Eat whole-wheat breads, pasta, and brown rice instead of white bread, rice, or other refined grains. Also, choose vegetables and fruits when you need to "fill-up."

keep water handy

Water is a better option than many other drink choices. Keep a water bottle in your backpack and at your desk to satisfy your thirst. Skip soda, fruit drinks, and energy and sports drinks. They are sugar-sweetened and have few nutrients.

start cooking often

Get over being hungry by fixing your own snacks and meals. Learn to make vegetable omelets, bean quesadillas, or a batch of spaghetti. Prepare your own food so you can make healthier meals and snacks. Microwaving frozen pizzas doesn't count as home cooking.

make a list of favorite foods

Like green apples more than red apples? Ask your family food shopper to buy quick-to-eat foods for the fridge like mini-carrots, apples, oranges, low-fat cheese slices, or yogurt. And also try dried fruit; unsalted nuts; whole-grain breads, cereal, and crackers; and popcorn.

skip foods that can add unwanted pounds

Cut back on calories by limiting fatty meats like ribs, bacon, and hot dogs. Some foods are just occasional treats like pizza, cakes, cookies, candies, and ice cream. Check out the calorie content of sugary drinks by reading the Nutrition Facts label. Many 12-ounce sodas contain 10 teaspoons of sugar.

learn how much food you need

Teen guys may need more food than most adults, teen girls, and little kids. Go to www.SuperTracker.usda.gov. It shows how much food you need based on your age, height, weight, and activity level. It also tracks progress towards fitness goals.

check Nutrition Facts labels

To grow, your body needs vitamins and minerals. Calcium and vitamin D are especially important for your growing bones. Read Nutrition Facts labels for calcium. Dairy foods provide the minerals your bones need to grow.

strengthen your muscles

Work on strengthening and aerobic activities. Work out at least 10 minutes at a time to see a better you. However, you need to get at least 60 minutes of physical activity every day.

fill your plate like MyPlate

Go to www.ChooseMyPlate.gov for more easy tips and science-based nutrition from the Dietary Guidelines for Americans (www.DietaryGuidelines.gov).

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Everyday Eating Tips

Small steps can help your family get on the road to maintaining a healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

Change Your Shopping Habits

- Eat before grocery shopping
- Make a grocery list before you shop
- Choose a checkout line without a candy display
- Buy and try serving a new fruit or vegetable (ever had jicama, fava beans, plantain, bok choy, star fruit, or papaya?)

Watch Your Portion Size

- Share an entree with someone
- If entrees are large, choose an appetizer or side dish
- Don't serve seconds
- Share dessert, or choose fruit instead
- Eat sweet foods in small amounts. To reduce temptation, don't keep sweets at home
- Cut or share high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces
- Eat off smaller plates
- Skip buffets

Change the Way You Prepare Food

- Cut back on added fats and/or oils in cooking or spreads
- Grill, steam, or bake instead of frying
- Make foods flavorful with herbs, spices, and low-fat seasonings
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and condiments
- Serve several whole-grain foods every day
- Top off cereal with sliced apples or bananas

Change Your Eating Habits

- Keep to a regular eating schedule
- Eat together as a family most days of the week
- Eat before you get too hungry
- Make sure every family member eats breakfast every day
- Drink water before a meal
- Stop eating when you're full
- Don't eat late at night
- Try a green salad instead of fries
- Ask for salad dressing "on the side"
- Chew slowly every time you eat and remind others to enjoy every bite
- Serve water or low-fat milk at meals, instead of soda or other sugary drinks
- Pay attention to flavors and textures
- Instead of eating out, bring a healthy, low-calorie lunch to work and pack a healthy "brown bag" for your kids
- Provide fruits and vegetables for snacks
- Ask your sweetie to bring you fruit or flowers instead of chocolate

(Source: Adapted from smallstep.gov)

Everyday Physical Activity Tips

Small steps that get your family to **move more** can help **all of you** maintain a healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

Walk Whenever Possible

- Walk instead of drive, whenever you can
- Walk your children to school
- Take the stairs instead of the escalator or elevator
- Take a family walk after dinner
- Replace a Sunday drive with a Sunday walk
- Go for a half-hour walk instead of watching TV
- Get off the bus a stop early, and walk

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- Park farther from the store and walk
- Make a Saturday morning walk a family habit
- Walk briskly in the mall
- Take the dog on longer walks
- Go up hills instead of around them

- Swim with your kids
- Buy a set of hand weights and play a round of Simon Says with your kids—you do it with the weights, they do it without (Source: Adapted from smallstep.gov)

Pick a tip each week from the list of Everyday tips to help you eat well and move more! Fill in the tips on this tracking chart to encourage you to keep it up. Put the tracking sheet on your refrigerator or other central location for your family to see that you are making steps toward maintaining a healthy weight.

Move More in Your Home

- Garden, or make home repairs
- Do yard work. Get your children to help rake, weed, or plant
- Work around the house. Ask your children to help with active chores
- Wash the car by hand

Live Actively

- Join an exercise group, and enroll your children in community sports teams or lessons
- Do sit-ups in front of the TV. Have a sit-up competition with your kids
- Pace the sidelines at kids' athletic games
- Choose an activity that fits into your daily life/lives
- Use an exercise video if the weather is bad
- Avoid labor-saving devices, such as a remote control or electric mixers
- Play with your kids at least 30 minutes a day
- Dance to music... with your kids
- Choose activities you enjoy. Ask children what activities they want to do
- Explore new physical activities
- Give yourself a gold star with non-food related rewards, such as a family day at the park, lake, or zoo

Week	Eating Well Tip	Moving More Tip	Notes
1 (/ /)			
2 (/ /)			
3 (/ /)			
4 (/ /)			



American Red Cross

<http://www.redcross.org/take-a-class>

Babysitting Basics - Online Course



Designed for students ages 11 and older, this online training provides the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10, as well as to manage a babysitting business. It takes about 4 hours to complete and makes learning fun with lots of videos and interactive games. A score of 80% or higher on the final exam is required to receive a printable Diploma.

Dozens of downloadable resources provide:

- Step-by-step instructions for skills, such as spoon-feeding
- Summaries of each lesson
- Templates for resumes and business cards
- Forms to aid parent interviews
- And more

Course Outline:

- The Business of Babysitting
- You're the Boss
- Safe and Sound on the Job
- Playing with Kids of All Ages
- From Feeding to Bedtime: Caring for Kids
- It's an Emergency ... Now What?
- Final Exam

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SHARING WHAT YOU DO

In February I asked that you let me know of any events you have done which could be shared with other Healthy Lifestyle Chairs. I have not received any information yet, but I know we have all been busy. Please remember to send to me by March 31st. I will put everything together and send it out as a packet of information. Please include pictures if you would like!

Healthy Lifestyle Chair Training

**FRIDAY
MAY 30TH
10:00 – 11:30 am**

Northside Activity Center –
Culebra & Loop 410

Email Deede Goethke to
register at:

kinjo@biochem.uthscsa.edu

Healthy Snacks—100 Calories or Less

Fruits

- 1 small banana
- 1 medium apple
- ¼ cup raisins
- 1 cup whole strawberries
- ½ cup canned fruit cocktail in juice (not syrup)
- ½ cup orange juice

Vegetables

- 1 cup cherry or grape tomatoes
- 2 cups raw mixed veggies with 2 tablespoons fat-free dressing
- 12 baby carrots
- 18 small celery sticks
- 1 cup raw cauliflower
- 1 cup low-sodium vegetable juice

Breads, Cereals, Rice, and Pasta

- ½ cup oat circles cereal
- 2 graham cracker squares
- 3 cups air-popped popcorn
- ½ whole-wheat English muffin with jelly
- 4 whole-wheat crackers unsalted
- 2 brown rice and multigrain rice cakes

Fat-free or Low-fat Milk, Cheese, and Yogurt

- 6 ounces cup fat-free plain yogurt
- ½ cup low-fat cottage cheese
- 1 cup fat-free milk
- ½ cup fat-free pudding
- ½ cup fat-free frozen yogurt
- 1 ounce low-fat cheddar cheese

Other Snacks

- 1 large hardboiled egg
- 8 baked tortilla chips with salsa
- 10 almonds

Source: USDA National Nutrient Database for Standard Reference, Release 19



Part of the Academy of Nutrition and Dietetics on page 2, this portion of the website is especially for kids, <http://www.eatright.org/kids/>. **Tip #1 - Involve your child in the cutting, mixing and preparation of all meals. Even a snack can be healthy.** **Tip #2 - Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another.** **Tip #3 - To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.**

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Who Will Be the HL Chair Next Year?

Officer elections will be happening soon at local PTAs and with the change in officers comes a change in some board positions.

If you have served in your position for two years it will mean that someone else will be coming into your position.

If you have not been keeping a procedure book please start preparing one now. Every new chairperson appreciates and should be given a procedure book with the following information:

- a resource guide for the position
- a copy of the current local PTA bylaws
- your Plan Of Work (POW)
- a copy of your budget
- copies of flyers/lists of vendors and any notes on all events you held. Information on how well the events were attended, how many volunteers were needed, what could be done better or changed are always helpful
- were donations received and if so what were they and the value (if they aren't received additional money would be needed in the budget in the future)
- any other items you see as important

If you have been in this position one year we hope you are interested in returning again!

How Many Calories Does Physical Activity Use?

A 154-pound man (5' 10") will use up about the number of calories listed doing each activity below. **Those who weigh more will use more calories, and those who weigh less will use fewer.** The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

Moderate physical activities:	Approximate calories used by a 154 pound man	
	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 ½ miles per hour)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:	In 1 hour	In 30 minutes
Running/jogging (5 miles per hour)	590	295
Bicycling (more than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 ½ miles per hour)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

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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Increase Physical Activity

www.myplate.gov

Physical activity is an important part of managing body weight.

Being physically active can help you achieve a healthy weight and prevent excess weight gain. However, physical activity is also important to all other aspects of your health. Benefits include sleeping better at night, decreasing your chances of becoming depressed, and helping you look good. When you are not physically active, you are more likely to have health problems, including heart disease, type 2 diabetes, and high blood cholesterol.

The amount of physical activity needed to manage body weight depends on calorie intake and varies a lot from person to person. Some adults will need to do more physical activity than others to manage body weight. How much physical activity do you need to help manage body weight?

1. To start, adults should do the equivalent of 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity each week.
2. If necessary, adults should increase their weekly minutes of aerobic physical activity gradually over time (while eating fewer calories) to meet weight loss goals.
3. Some adults who need to lose weight may need to do more than the equivalent of 300 minutes (5 hours) per week of moderate-intensity activity to meet weight loss goals.

This may sound like a lot. However, your weight is a balance of the number of calories you eat and drink and the physical activity you do. Weight loss can be achieved by eating and drinking

fewer calories OR by burning more calories in physical activity. The people with the greatest long-term success are doing BOTH – eating less and being more active. For example, walking 30 minutes each day and drinking one less soda each day are two small steps you can take that can have a big impact on your weight over time.

Get started increasing physical activity:

- Pick activities you like and that fit into your life.
- Be active with family and friends. Having a support network can help you stay active
- Keep track of your physical activity and gradually increase how much you do over time. Use a journal or mark your activity on a calendar.
- Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active. If one activity, like running, doesn't appeal to you, find something that does. There are lots of activities, such as: swimming, biking, walking, playing tennis, basketball, hiking, rollerblading, etc. The point is to get out there and move! Doing something is better than doing nothing.
- Daily activities like walking, gardening, and climbing up the stairs all count. Start with what you can do, even if that's just 10 minutes. You may even find yourself more energized after being active!
- Physical activity simply means movement of the body that uses energy. You can choose moderate or vigorous intensity activities, or a mix of both, each week. Moderate physical activities include: walking briskly, bicycling, dancing, and golf. Vigorous physical activities include: running, jogging, swimming, basketball, and aerobics
- For substantial health benefits, the 2008 Physical Activity Guidelines recommend that adults get at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity activity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week



**March 2014
Government
Canyon State
Natural Area**

12861 Galm Rd,
San Antonio, TX
78254
(210) 688-9055

March 8 - **Hike the canyon** (Join us every second Saturday for a guided hike!)

March 8 - **Snakefests** (Celebrate snakes and snake conservation with the whole family!)

March 9 - **Wildflower Walk: Spring Has Sprung!**

March 15 - **Explore the Canyon** (Join us each month every third Saturday for a new adventure!)

March 16 – **Golden-cheeked Warbler Hike**

March 16 - **Full Moon Hike**

March 22 /23 – **Leave No Trace Trainer Course**

March 22 - **Kids In The Canyon** (Have some Family Fun every fourth Saturday!)

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