

Keeping the Kids in Your Life Healthy, Happy and Active



The percentage of overweight and obese kids and teens has more than doubled in the past 30 years. Although many factors contribute to this epidemic, children are becoming more sedentary. In other words, they're sitting around a lot more than they used to.

One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or playing video games. The American Academy of Pediatrics recommends daily limits on screen time, not counting homework:

- ▶ Kids under age two should watch no TV at all.
- ▶ Kids over two should be restricted to 1-2 hours of quality TV/gaming.

All children two years and older should be physically active for at least 60 minutes on most days of the week. Toddlers and young children should not be inactive for prolonged periods of time—no more than one hour, unless they're sleeping.

QUICK TIPS TO GET YOUR FAMILY MOVING

- ▶ Be active together. Use physical activity as family bonding time.
- ▶ Set up a safe area in your home where active play is okay. Bad weather is no excuse to sit on the couch all day!
- ▶ Set your weekend in motion by planning active family fun. Try a hike, a walk through the zoo or a frisbee toss in the park.
- ▶ Be a role model. Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.

Remember—regular physical activity helps children grow strong and healthy, builds muscles and bones, develops vital motor skills, and even improves their immune systems. Let's get out there!

October Notes

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

The National Breast Cancer Foundation (NBCF) was founded in 1991 by breast cancer survivor, Janelle Hail. NBCF continues to grow every year to help more and more women around the world by educating them about breast cancer and providing free mammograms to women in need. Learn more.

Also in October is the Domestic Violence Awareness Project. Domestic violence is best understood as a pattern of abusive behaviors—including physical, sexual, and psychological attacks as well as economic coercion—used by one intimate partner against another (adult or adolescent) to gain, maintain, or regain power and control in the relationship. Batterers use a range of tactics to frighten, terrorize, manipulate, hurt, humiliate, blame, often injure, and sometimes kill a current or former intimate partner.

For more general information about domestic violence, including potential warning signs for emotional, physical, or sexual abuse, visit the National Domestic Violence Hotline's information page: [Is This Abuse? Get the Facts](#).

Red Ribbon Week is October 23-31, sponsored by National Family Partnership (NFP). NFP was established as a grassroots, nonprofit organization in 1980 by a handful of concerned and determined parents who were convinced they should begin to play a leadership role in drug prevention. Today, NFP is a national leader in drug prevention education and advocacy. Learn more.



Put the **FUN!** Back in Your Workouts

Do you think of exercise as something fun or as an unpleasant task to check off your to-do list? It can make all the difference in whether you lose weight, according to a study published in *Marketing Letters: A Journal of Research in Marketing*.

Researchers at Cornell University set out to see why some people lose weight when starting a new exercise routine and others don't. They studied two groups of adults who were attending a camp at Cornell. Both groups were taken on the same walk, but one group was told the walk was something "fun" to do, while the other group was told the purpose of the walk was to "exercise." After the walk, both groups were served an all-you-can-eat lunch. The differences in what they ate were pretty striking: The "exercise" group ate 35% more chocolate pudding than the "fun" group (they didn't eat more salad or veggies, just more dessert).

The results aren't surprising when you think about it—how many times have you "rewarded" yourself for completing a tough workout with something indulgent? The researchers suspect it's that mindset shooting so many people in the weight loss foot, often leading to taking in just as many calories, if not more, than were burned off from the exercise. Framing exercise as fun, on the other hand, takes the focus off the effort required by the activity.

So consider this your permission to trade the same old boring workout for something you actually enjoy. It really is OK to step off the treadmill. (article courtesy of *Prevention*)



Recipe: Zucchini Tots



Ingredients

- 1 cup zucchini, grated (one zucchini, about 7 inches in length)
- 1 egg
- ¼ of an onion, diced
- ¼ cup reduced fat sharp cheddar cheese, grated
- ¼ cup dry bread crumbs
- Salt and pepper to taste (we used a salt substitute)
- Dash of Tabasco sauce (optional)

Instructions

1. Preheat oven to 400°. Grease a mini muffin tin well with cooking spray. You can also bake these on a cookie sheet.
2. Grate the zucchini into a colander. Press out as much excess water out of the zucchini as possible.
3. In a medium bowl, combine all of the ingredients and season with salt and pepper.
4. Fill each muffin section to the top, pushing down on the filling with your spoon so it's nice and compacted (otherwise they'll fall apart more when you try to take them out of the tin).
5. Bake for 18-25 minutes in preheated oven until golden brown. To easily remove from the pan, run a knife around the edges of each tot and they should come right out (remove while still warm).

NUTRITION INFORMATION (makes four servings—one serving is three tots) | 108 calories | 6.8 g protein | 11.5 g carbohydrates | 1.8 g dietary fiber | 262 mg sodium (without salt) | 4.3 g total fat | 2 g sugar