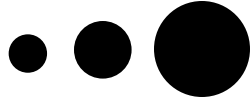


A publication of The FUNtastic, FUNdamental Fitness & Nutrition Education Program!

February 2012 Family Mealtime



Where We Go in Stretch-n-Grow



Rockin' Food Groups-
Rockin' around the food groups! Healthy food fun.

Ticker Time-
We are going to get our tickers pump, pump, pumping.



Have a Heart



Our hearts will be so happy that we are exercising and taking care of our bodies!

How We Roll—Trains, planes, cars, boats and bicycles will take us to lots of fun places!

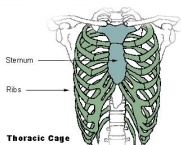
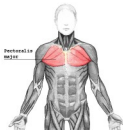
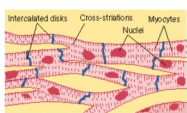


Exercises & Muscles/ Bones of the Month

Muscle: Cardiac/Pectoralis

Bones: Sternum

Exercise: Butterfly press, high knees, chest press & let down



Family Dinners Are Important

(from WedMD)

After-school activities, late workdays, long commutes -- it's no wonder few families eat dinner together. Yet studies show that the family dinner hour is an important part of healthy living.

When families dine together, they tend to eat more vegetables and fruits -- and fewer fried foods, soda, and foods with trans fats, research shows. When younger kids frequently eat dinner with their families, they are less likely to be overweight than other children. That tends to change in the teenage years, when they're less likely to eat at home.

It's a serious concern, since statistics show that nearly one in five children aged 6-19 in the U.S. are overweight. That puts them at higher risk for many health problems later in life, including heart disease, high blood pressure, and diabetes - as well as emotional problems.

"One of the simplest and most effective ways for parents to be engaged in their teens' lives is by having frequent family dinners," says Joseph Califano Jr., chairman and president of The National Center on Addiction and Substance Abuse at Columbia University (CASA).

CASA recently reported on a national phone survey of 1,000 teens and 829 parents of teens. Eating dinner as a family helped kids in many ways. It helped them get better grades, and kept them away from cigarettes, alcohol, and marijuana, and more.

Did you know?

♥ The U.S. Department of Health and Human Services found that when families eat together often they typically have healthier diets. Their meals are much more likely to be well-balanced and nutritious. In 2009, heart disease is projected to cost more than \$304.6 billion, including health care services, medications, and lost productivity

10 Benefits of Family Dinners

Toting up all the benefits of frequent family dinners:

- ◆ Everyone eats healthier meals.
- ◆ Kids are less likely to become overweight or obese.
- ◆ Kids more likely to stay away from cigarettes.
- ◆ They're less likely to drink alcohol.
- ◆ They won't likely try marijuana.
- ◆ They're less likely to use illicit drugs.
- ◆ Friends won't likely abuse prescription drugs.
- ◆ School grades will be better.
- ◆ You and your kids will talk more.
- ◆ You'll be more likely to hear about a serious problem.
- ◆ Kids will feel like you're proud of them.
- ◆ There will be less stress and tension at home.

Recipe Corner

Pasta E Fagioli

INGREDIENTS:

3 teaspoons oil
2 pounds ground beef
12 ounces onion, chopped
14 ounces carrots, slivered
14 ounces celery, diced
48 ounces tomatoes, canned, diced
2 cups cooked red kidney beans
2 cups cooked white kidney beans
88 ounces beef stock
3 teaspoons oregano
2 1/2 teaspoons pepper
5 teaspoons parsley, (fresh chopped)
1 1/2 teaspoon Tabasco sauce
48 ounces spaghetti sauce
8 ounces dry shell pasta, or other pasta

DIRECTIONS:

Saute beef in oil in large 10-qt. pot until beef starts to brown. Add onions, carrots, celery and tomatoes and simmer for about 10 minutes. Drain and rinse beans and add to the pot. Also add beef stock, oregano, pepper, Tabasco, spaghetti sauce, and noodles. Add chopped parsley. Simmer until celery and carrots are tender, about 45 minutes.

NUTRITION:

219 calories, 9 grams fat, 24 grams carbohydrates, 10 grams protein per cup.



Monthly payments are now due. Payments received after the 10th of the month are subject to a \$5 late fee.