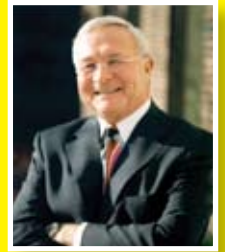


COUNT YOUR STEPS

PARENT NEWSLETTER



HELP KIDS MAINTAIN A HEALTHY WEIGHT

- Encourage your child to find an activity they enjoy, one that doesn't depend on them joining a team.
- Make small changes that add up to extra movement for your child, like taking the stairs instead of the elevator or parking farther away from the mall door.
- Don't focus on the child in your family who is overweight. Encourage everyone in the family, no matter their size or shape, to make daily activity a habit.
- Do not discuss weight or shape; instead talk about healthy, active living.
- Follow the American Academy of Pediatrics 5-2-1-0 formula. 5 servings of fruit/vegetables per day, less than 2 hours of screen time, 1 hour of physical activity and no sweetened beverages. Recent research shows that girls who drank 2 or more sweetened beverages daily at age 5 were more likely to be overweight at age 15.

(Source: www.detnews.com)

BREAKFAST BURRITOS

Ingredients:

- 1 tablespoon butter
- 6 eggs, beaten
- 5 8-inch flour tortillas

Filling Options:

- ½ cup Monterey Jack cheese
- 1 plum tomato, chopped
- 1 small onion, diced
- ¼ green or red pepper, chopped
- ½ avocado, diced
- Salsa
- Black olives, sliced

1) Over medium-high heat, melt the butter in a frying pan and scramble and cook the eggs to your liking.

2) Meanwhile, warm the tortillas for a few minutes on the rack of a 250° F oven then fill with the scrambled egg and your choice of fillings. Roll the burrito. Serves 5.

(Source: <http://familyfun.go.com/recipes/>)

ROCK, PAPER, SCISSORS TAG

What you need: Nothing

1. Make 1 centerline and 2 back lines at the ends of a yard or field (leave space past the back lines so those running full tilt have time to stop).
2. Make 2 teams. Each team then huddles at opposite ends of the field and chooses which hand signal to throw.
3. Have the teams gather at the centerline, fanning out nose to nose.
4. Together all chant "Rock, paper, scissors, shoot!" On "shoot" players quickly throw their pre-chosen selection.
5. The team that loses the shoot must race for the safety of its own back line, trying to avoid being tagged by the winning team.
6. Any player who gets tagged must defect to the other side. If both teams throw out the same shoot, all must quickly sit down. The last one to hit the ground switches teams.

(In case you've forgotten: rock breaks scissors, scissors cuts paper, paper covers rock)

(Source: FamilyFun.com)