

COUNT YOUR STEPS

PARENT NEWSLETTER



START MAKING PHYSICAL ACTIVITY A WAY OF LIFE

- Talk to your doctor about a physical activity plan that is right for you.
- Choose activities you enjoy. Pick a start day that fits into your schedule and enough time to begin your program, like a Saturday.
- Wear comfortable clothes and shoes.
- Start slowly – don't overdo it!
- Try to exercise at the same time each day so it becomes a regular part of your lifestyle.
- Drink lots of water before, during and after you exercise.
- Use the buddy system and ask a friend to start a program with you.
- On the days you exercise write down the distance or length of time of your workout and how you feel after.
- If you miss a day, plan a make-up day. Don't double your exercise time during your next session.

(Source: American Heart Association)

BAKED SALMON WITH TOMATOES, SPINACH & MUSHROOMS

Prep Time: 10 min
Total Time: 35 min

Ingredients:

- 4 salmon fillets (1 lb.)
- 2 cups chopped fresh spinach leaves
- 1 cup sliced fresh mushrooms
- 1 tomato, chopped
- 1/3 cup Kraft Sun-Dried Tomato Dressing



Directions:

Heat oven to 375° F. Place fish fillets, skin sides down, in 13x9-inch baking dish sprayed with cooking spray. Combine remaining ingredients; spoon over fish. Bake 20 to 25 min. or until fish flakes easily with fork.

Nutrition Information:

Calories 190; Total Fat 7g; Saturated Fat 1g; Cholesterol 60mg; Sodium 320mg; Dietary Fiber 1g; Carbohydrate 5g.

(Source: www.kraftfoods.com)

WHAT SHOULD KIDS DRINK?

Water: Straight from the tap is fine.

Milk: Low or non-fat for kids 2 and up. Serve 2 cups for kids 8 and under and 3 cups for older children and teens.

Juice: Limit kids 6 and under to 4-6 ounces a day or 1/2 to 3/4 of a cup. Older kids and teens can have 8-12 ounces a day. 100% fruit juice is best.

Sports drinks: Generally avoid these, but if your child is exercising vigorously and prefers sports drinks to water, let them drink up; it's important that your child stays hydrated.

Soda: Avoid. It's nothing but empty calories.

(Source: familyfitness.about.com)