

Healthy Weight

INITIATIVE

NEWSLETTER



TIPS FOR A HEALTHY TAILGATE

Football season is here and that means one thing: tailgate parties. Tailgating is a Southern tradition and a great time to socialize with friends and family. Eating delicious food is a big part of the festivities and completes the tailgate experience. Too often though, game day snacks are loaded with extra fat and calories and a full day of tailgating leads to constant grazing at the food table. So, whether you are cheering on your favorite team at the game or at home, keep these healthy tips in mind; your waistline will thank you later.

- Offer a well-rounded mix of fruits and vegetables. Fruit kabobs, raw veggies with a low calorie dip, or baked tortillas with tomato salsa or hummus are excellent nutritious snacks. Grilling out hamburgers? Make sure to offer lettuce (try Romaine or spinach), tomatoes, onions, mushrooms and pickles for added nutrients.
- For a tailgate dinner, try lean ground beef chili with beans. Who can resist chili when the weather starts getting cooler? Use ground sirloin, ground round or ground turkey. Go heavy on the beans and use a variety like kidney beans, pinto beans, black beans, and lima beans.
- As with any meal or snack, watch your portion size. Use smaller plates or remember to keep foods from touching each other if using a normal size plate.
- Establish a time limit for the food to set out during the tailgating party and then put it away, out of sight. This will help prevent constant grazing throughout the day and keep the food from spoiling.
- Plan your menu ahead of time and look for recipes that are nutritious, delicious, and easy to make! Some great sites with recipes are www.fruitsandveggiesmorematters.org, www.eatingwell.com and www.cookinglight.com.
- If alcohol will be served, be sure to provide plenty of water to prevent dehydration since alcohol is a diuretic. Water is also a better choice than sugary sodas. Another

drink idea is 100% fruit juice mixed with sparkling water for less sugar.

- Last but not least, be physically active while you are tailgating. Walk around the campus and explore the various buildings and activities. Walk completely around the stadium before going in. Throw a football or Frisbee while waiting for the game to start or during commercial breaks if you are watching from home.

Keep in mind that balance and moderation are key factors; no food or beverage is good or bad. All foods can fit if you make informed choices. And don't forget to have fun during your healthy tailgating experience. Go Team!

Consider making this healthy recipe for game day:

Layered Bean Dip - Serves 12 From www.eatingwell.com

Ingredients:

- 16 oz. can nonfat refried beans
- 4 scallions (sliced)
- 1/2 tsp. ground cumin
- 1/4 c. jalapeno peppers, sliced
- 1 medium sized tomato (diced)
- 1/2 c. low fat sour cream
- 1 15-ounce can black beans
- 1/2 cup salsa
- 1/2 tsp. chili powder
- 1 c. shredded Monterey Jack cheese
- 1 medium avocado (diced)
- 1 1/2 c. chopped Romaine lettuce

Directions:

- Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapenos in a medium bowl. Put this in a large microwave dish. Sprinkle cheese on top.
- Microwave on high until the cheese is melted and the beans are hot. Depending on your microwave, this will be about 3-5 minutes. Spread sour cream evenly over the hot bean mixture. Top with lettuce, tomato and avocado. Serve with baked tortilla chips for a fiber-rich and healthy appetizer.

Nutrition Information: Per 1/2 cup serving of dip: 146 calories, 7 g fat, 12 mg cholesterol, 15 g carbohydrate, 7 g protein, 5 g fiber, and 288mg sodium.

HEALTHY LIFESTYLES, HEALTHY KIDS WORKSHOP HELD JULY 23, 2009

The Healthy Weight Initiative sponsored their 5th annual summer workshop entitled Healthy Lifestyles, Healthy Kids. The workshop provides after school programs with useful information and resources that can be taken with them to improve the health and well being of their students. Speakers covered a variety of health related topics such as asthma in children, stress management, childhood obesity as well as programs to get children active.



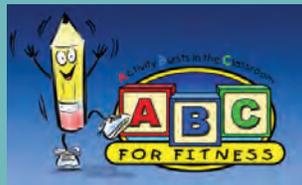
The AL Department of Conservation goes fishing with workshop participants.



Dr. Shandra Williams with Ready 4 College discusses strategies to create a healthy environment for students.

SCHOOL NUTRITION AND PHYSICAL ACTIVITY PROGRAMS FOR ELEMENTARY STUDENTS

Dr. David Katz with Yale University's Prevention Research Center has developed the following programs to enhance nutrition and physical activity in schools.



ABC for Fitness (Activity Bursts in the Classroom!)

The ABC for Fitness program shows schools how to restructure physical activity into multiple, brief episodes of activity into classrooms throughout the day without taking away valuable time for classroom instruction. The teacher's manual provides instruction for teachers to incorporate short bursts of activity at the beginning of each class. ABC for Fitness can ensure that children obtain the level of physical activity that is essential for good health and well being.



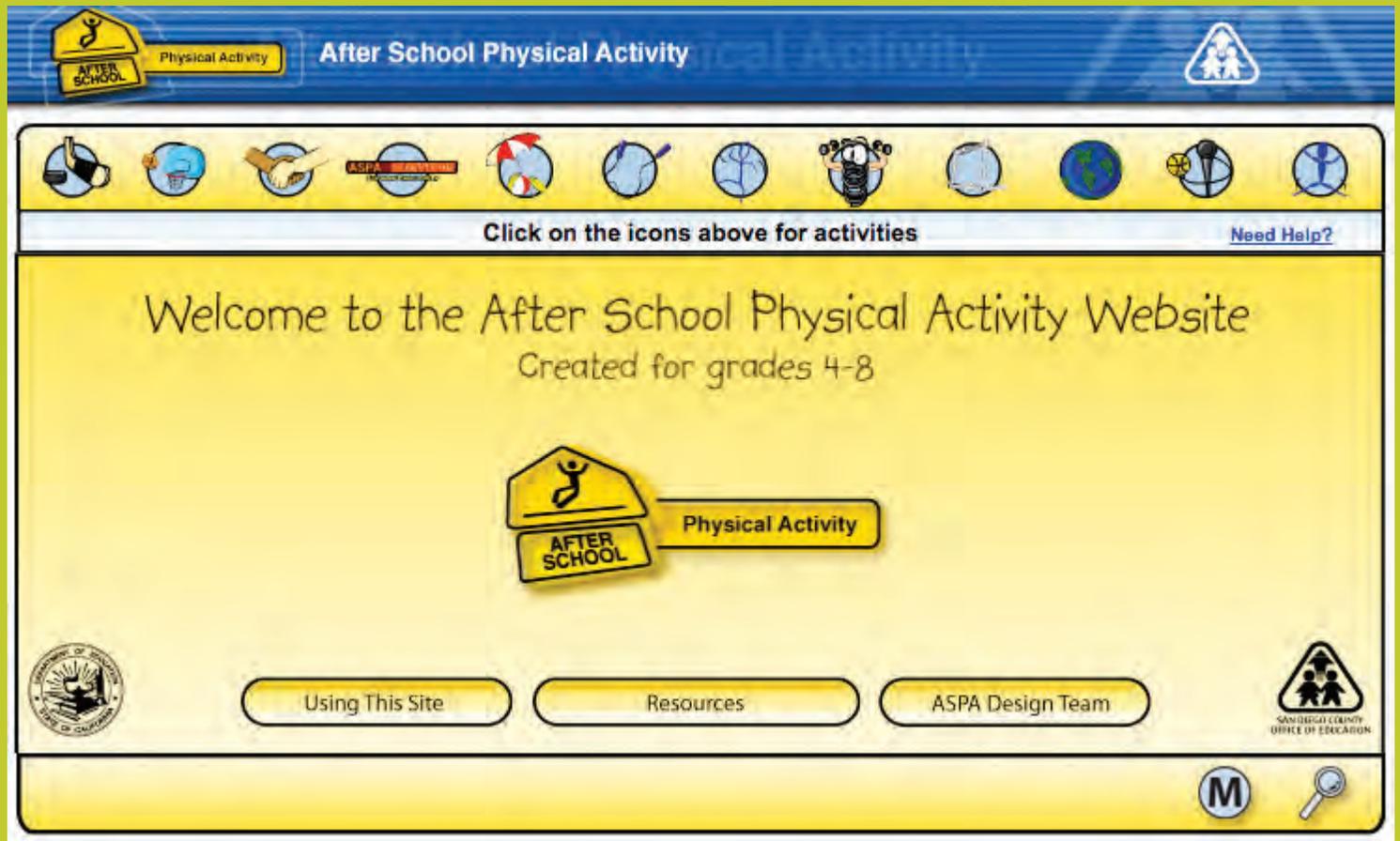
Nutrition Detectives

Nutrition Detectives is an exciting nutrition education program for elementary school children that is "Teaching Kids to Make Healthy Choices." They learn how to read food labels, detect marketing deceptions while simultaneously learning to identify and subsequently choose healthy foods.

These free materials are available for download at www.davidkatzmd.com. Click on ABC for Fitness or Nutrition Detectives for more information.

GOOD RESOURCE! AFTER SCHOOL PHYSICAL ACTIVITY WEB SITE

Looking for ways to get your students up and moving? Visit www.afterschoolpa.com for a copious supply of games and activities for students in grades 4-8 in the after school setting.



This web site has a multitude of game categories to choose from and each game has a detailed description with a video demonstration. Each activity page provides the following information:

- A brief overview of the activity
- What You Need - equipment you need to play the game
- Where to Play - information on the ideal location and facilities for the activity
- Activity Description/Steps - step-by-step instructions for conducting the activity
- How To - management tips for the activity

Many activities also have additional information:

- Safety - specific safety tips and issues for that activity
- Variations on the Activity - alternate or supplemental activities
- Cooperative Activities - ways to build cooperative skills in students through the activity
- Student Leadership - ideas for developing student leadership through the activity
- Resources - additional online or print resources

For many activities, you will see the following icon:



This icon lets you know that there is a video clip available for your viewing. These video clips are examples of the activity in progress, suggestions for management or safety tips.

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NEWS AND EVENTS

GO HEALTHY MONTH

Focusing on efforts to prevent childhood obesity and create healthier lifestyles for children, the Alliance for a Healthier Generation has designated the month of September as Go Healthy Month. The empowerME movement will reach out this month to inspire tweens and teens to eat better, move more and wipe out America's obesity epidemic. Visit www.empowerme2be.org/gohealthymonth for more information.

When: September 2009
Where: Nationwide

2009 CONFERENCE ON ATTENTION DEFICIT/ HYPERACTIVITY DISORDER: OVERCOMING OBSTACLES & PROMOTING THE POSITIVES!

This conference is bringing together a multidisciplinary group of experts to share research and interventions on ADD/ADHD and practitioners will share their best practices. For more information, contact Geri Stone at 205-348-6225 or gstone@ccs.ua.edu.

When: October 26-27, 2009
Where: Bryant Conference Center, Tuscaloosa

NATIONAL FRUITS & VEGGIES - MORE MATTERS MONTH

Promote eating more fruits and vegetables in September and all year long. Eating fruits and vegetables is a sound investment in long-term health because of health benefits such as disease prevention and weight management. Eating more really does matter! Visit www.fruitsandveggiesmorematters.gov for more information. Click on "publications" for materials.

When: September 2009
Where: Nationwide

HEALTHY LIFESTYLE SUMMIT FOR PARENTS

Sponsored by the Alabama PTA and Action for Healthy Kids, this workshop will provide parents with knowledge and strategies to help their children achieve healthier minds and bodies at home and at school. For more details call Molly Killman at 334-206-5646.

When: October 15, 2009
*Where: Montgomery Public Library (downtown),
Montgomery*

4TH ANNUAL ALABAMA CONFERENCE ON OBESITY AND HEALTH: ACTIVATE, MOTIVATE & EDUCATE FOR EFFECTIVE CHANGE!

Make plans to attend this informative conference on issues related to obesity in Alabama. Attendees will hear presentations and success stories on practical strategies to reduce obesity levels. For more information, visit www.obesity.ua.edu.

*When: November 9-10, 2009 **Postponed***
Where: Bryant Conference Center, Tuscaloosa



MANAGING STRESS IN CHILDREN

The start of a new school year, the current economic crisis and the demands of handling larger school loads and extracurricular activities can create increased stress for students.

Not all stress is bad, but when we are feeling stressed our bodies gear up to meet challenges by producing the hormones cortisol and adrenaline. These hormones speed up our heart rate, increase breathing, and raise blood pressure. This response to stress is great in helping to prepare for an important test or jumping out of the way of a falling object. When stressors are ongoing, it can take a toll on our health and well-being because the body continues to release stress hormones. Excess or mishandled stress can cause things like: head and stomachaches, skin rashes, nervousness, forgetfulness and inability to concentrate and study.

Stress is a natural element of life, and children often times do not know or understand that stress can make them angry, sick, fearful or depressed. Teachers and parents can help ease the tensions of stress by creating a calming lifestyle and peaceful environments.

Although students cannot avoid or escape from stressful situations, they can learn to manage stress. Here are some stress busters that teachers and parents can use to help students better cope:

- 1) Acknowledge a child's feeling when they are worried or angry and give them a suggestion on how to deal with it. Help children express their anger positively by taking a deep breath, running in place, tearing up newspaper or counting to 10.
- 2) Laugh Often: Muscles relax and stress hormones in your body go down when you laugh. It is easy to do and you can do it anywhere, or at any time. Let kids tell harmless jokes or do other activities, like playing with amusing toys, which encourage laughter.
- 3) Journal Writing: Daydreaming helps the body be calm, relaxed and it reduces stress. Have students daydream about something they like to do, a place they would like to do, or something good they want to happen. Then, have them journal about their daydream!
- 4) Deep Breathing: Deep Breathing helps calm the body and reduces stress. Teach kids to sit quietly and take a deep breath. Breathe through the nose and become aware of your breathing. Hold the breath about 20 seconds then exhale slowly. Repeat this 5-10 times very slowly.
- 5) Exercise: Regular exercise is one of the most important and best stress management tips. Doing 30 minutes of exercise a day can help beat stress and release endorphins - the body's pain reliever and feel-good chemical. Even short bursts of activity can help you to feel better, and a 10 minute walk can help with stress relief.

- 6) Music: Playing music can have a profound effect on the body. Calm and relaxing music can help calm students and ease muscle tension while faster tempo music can bring sharper concentration and more alert thinking. Music can help counteract the damaging effects of chronic stress so play it as often as possible.
- 7) Healthy Eating: Foods can affect student's mood. Sugary beverages, candy and cookies can cause blood sugar to rise and may make students feel good initially. But then they crash and can feel tired and irritable. Healthy snacks such as lowfat cheese and crackers, fruits and veggies or peanut butter on whole grain bread can help keep stress levels down.

Remember, what is stressful for one student may not be for another. And, how student's handle stress differs. What is important is that with your help, students can learn to recognize their causes of stress and manage it in a positive way.

PROGRESSIVE MUSCLE RELAXATION FOR QUICKLY DE-STRESSING

A great technique for reducing overall body tension is Progressive Muscle Relaxation (PMR). Students can be taught this method for tensing and relaxing all the muscle groups in their body. As student's reduce the tension they carry in their body, they will feel less stress and will enjoy increased physical and emotional health.

PMR can be done in about 5 minutes in a quiet place. Here's How:

1. Sit or lie down and make yourself comfortable.
2. Begin by tensing all the muscles in your face. Make a tight grimace, close your eyes as tightly as possible, clench your teeth, move your ears up if you can. Hold this for a count of eight as you inhale.
3. Now exhale and relax completely. Relax your face completely as though you were sleeping.
4. Next, completely tense your neck and shoulders, again inhaling and counting to eight. Then exhale and relax.
5. Continue down your body, repeating the procedure with the following muscle groups:
 - Chest
 - Abdomen
 - Entire right arm
 - Right forearm and hand (making a fist)
 - Right hand
 - Entire left arm
 - Left forearm and hand (again, making a fist)
 - Left hand
 - Buttocks
 - Entire right leg
 - Lower right leg and foot
 - Right foot
 - Entire left leg
 - Lower left leg and foot
 - Left foot

Quick Tip: If not enough time is available to focus on the whole body, then do a shortened version and include one or all of the following four main muscle groups:

- Face
- Neck, shoulders and arms
- Abdomen and chest
- Buttocks, legs and feet

Progressive muscle relaxation can be used anytime to quickly de-stress.