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Because We Care

Healthy Ideas For A Healthy Workplace



The Skinny on Kids' Diet and Exercise

Susan is a typical kid. She spends some of her time doing homework and lots of her time dealing with the complicated social politics of being a 12-year-old girl. And she worries about her weight. It's no wonder. With childhood and teen obesity becoming more and more common (and blamed on everything from fast food to video games), what's a kid to do?

In Susan's case, her mother went to their pediatrician for help in coming up with a nutrition and exercise plan, which included avoiding vending machine snacks and processed foods, limiting carbohydrates (bread, rice, pasta), eating more fruits and vegetables, not eating in front of the TV, drinking 1% milk, exercising more, and limiting computer and TV time to a total of two hours each day.

By keeping a food journal, Susan also realized she was having sugary morning and afternoon snacks at school (M&Ms were a favorite), lunch (usually pasta or hamburger and fries – no veggies), another snack at home, then dinner, and often another snack after that because she was still hungry. But changing old habits wasn't easy. "It was hard at first because friends wanted me to buy stuff from the vending machines to share and kept asking if I was on a diet," Susan says.

In less than a year, she's lost almost 10 pounds and says, "I used to feel different from everyone else and thought people didn't like me because of how I looked. Now I play sports, do sit-ups, and don't get tired going up the stairs at home like I used to."

Perhaps even more importantly, though, she adds, "I feel more confident now and don't have to hide who I am. I haven't gotten to the weight I want yet, but anything can happen if you believe in yourself!" *-Jeff Silver*

"I feel more confident now and don't have to hide who I am. Anything can happen if you believe in yourself!"



Click and have fun moving around.

Healthy Food Habits – It's Never Too Early!

Food habits learned during childhood set a lifelong eating pattern. Try these pointers to help your kids enjoy safe and healthy foods every day.

Mix it up. Try cooking foods that build in lots of flavor, texture, temperature variations, and eye appeal.

Set a good example. If you're constantly on a diet or have erratic eating habits, your children will grow up thinking that this is normal. Remember, if you're excited about healthy eating, your kids will be too!

Cook with your kids. Foods served at the table form the foundation for "food memories" children will carry with them throughout their lives. If you let your kids help choose or prepare meals, they'll be more interested in eating healthy dishes.

Keep healthy snacks on hand. Instead of junk food, have fresh fruit, pretzels, plain popcorn, bagels, and sparkling water at home. When you're out with your kids, put a cooler in the car and keep it stocked with carrots, pretzels, yogurt, and water.

Stick to a schedule. Children need to eat every three to four hours: three meals, two snacks, and lots of fluids. If you plan for these, your child's diet will be much more balanced.


Allow treats in moderation. An occasional snack keeps treats from becoming forbidden – and even more appealing to kids. Just be sure to balance these special occasions with smart daily food choices and plenty of physical activity.

Kids check this out!

- ★ **Its' back to school time!** Join in fun-filled school activities. Join the band ... join a sports team ... join the debate team ... just join in and be active!
- ★ **Eat smart!** Don't forget to eat at least five servings of fruits and vegetables every day to grow healthy and strong.
- ★ **If you smoke, stop!** It will not only increase your own life, but the lives of the people you care about.
- ★ **If you don't smoke – don't start!**

Color Me Healthy

A new series of fun coloring and activity books can help your kids learn one of life's most important lessons - how to stay healthy!

-  [Click to check out *Healthy Bodies*](#)
-  [Click to check out *Healthy Food*](#)
-  [Click to check out *Healthy Air*](#)
-  [Click to check out *Healthy Me*](#)

A Healthy Lunch Is in the Bag!

Convenient packaging. Cool commercials. But are those pre-packaged lunches making our children obese? Since the mid-1970s, obesity among our nation's children has increased from about five percent to 15 percent. Obesity is linked with diabetes, cancer, and heart disease later in life. Compare your childhood brown-bag with today's pre-packaged box lunch.

1974

Half pint whole milk

Peanut butter and jelly on whole wheat

1 apple

2 oatmeal-raisin cookies

Cost today: About \$1.50

This retro lunch is packed with protein, niacin, magnesium, calcium, and fiber, but it's not low in fat.

2004

1 'sports drink' (10% fruit juice)

4 mini slices bologna (chicken and pork), 4 snack crackers

1 squirt artificial cheese product

One fun-size candy bar

Cost today: About \$3.50

This modern lunch supplies too much sodium, sugar, and additives, and about 40 percent of its calories come from fat.

Ten Steps to a Healthy School Lunch

You can take action to ensure healthier food selections in your local schools.

Step 1 Survey your community to ensure parents and faculty are onboard before you approach the school district personnel to enact change.

Step 2 Form a committee including parents, administrators, and teachers to help plan and implement new nutritional programs.

Step 3 Define healthy food and establish guidelines for calories, serving size, and acceptable amounts of fat, sodium, sugar, and chemical additives.

Step 4 Write a proposal for a nutritional pilot program in your school, detailing your plans and how long the pilot will run.

Step 5 Submit the proposal to your school district, the Student Nutrition Office, the Superintendent's Office, or the Board of Education.

Step 6 Survey the students about what health foods they would like to be offered.

Step 7 Start gradually replacing junk food items with healthier selections. A good place to start is with beverages, replacing soda with water, juice, and milk.

Step 8 Track your sales weekly.

Step 9 Evaluate the program's overall effects. Are more kids having a "real" lunch? Have teachers noted changes in behavior since junk foods were eliminated?

Step 10 Let the world know! If your program is a success, share your experience with others.



Click and get involved with your kids' school.

Slimming Down School Vending Machines

According to a report by the Centers for Disease Control and Prevention, 15 percent of all American children, ages 6-19, are overweight. Their school day snacks play a big role in those weight gains.

But school vending machines are finally undergoing a transformation. Instead of calorie-laden candy bars, sodas, and salty potato chips, lots of kids are finding healthy choices right at their fingertips.

At the urging of parent groups, school boards are now opting to introduce nutritional offerings into their vending machines, including low-salt/low-fat pretzels and chips, 100 percent fruit juices, water, fruit and vegetable slices, and granola bars.

If you're worried about the food available to your child during the school day, discuss your concerns with the school principal or with members of your school board. Speak up for your kids' health!



Click and speak out for your kids' health!

Use Your Influence, Mom and Dad!

By setting a good example, parents can help establish healthy habits that last a lifetime!

Pack More of Nature's Fast Food

Orange slices, baby carrots, nuts, raisins, and bottled water are ideal for lunch boxes and sports snacks.

Protect Kids from Tobacco

Quit smoking and make your home smoke-free. Not only are children of smokers more likely to smoke, they suffer from more frequent respiratory infections, middle ear disease, and asthma.

Combine Family, Fun, and Fitness

Turn off the television and computer, and bike, run, or play ball together. Five days a week, children need 60 minutes of moderate exercise.

See Your Doctor

By making appointments for regular checkups, you show your kids that health care providers are essential resources for a healthy life.



Easy Monkey Bread

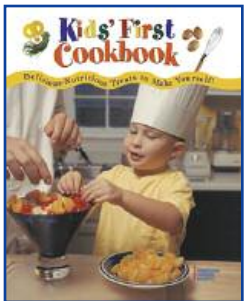
Makes 6 servings.

1 tube of quick biscuits (6 count)
 1/4 cup cinnamon sugar
 cooking spray
 bundt pan (ring-shaped pan that has a tube in the center)

Preheat oven to 400 degrees F. Coat bundt pan thoroughly with cooking spray. Cut each biscuit into four pieces. Roll each piece of biscuit into a ball. Roll in cinnamon sugar mixture until covered. Drop pieces around the sprayed bundt pan. Bake in oven for about 10 minutes, or until the biscuits are done and brown on top. Flip the bread out of the pan and pull apart to serve.

Per serving: 72 calories, 3 fat grams

From the American Cancer Society Kids' First Cookbook



Click and get your very own copy of the American Cancer Society Kids' First Cookbook.

Pack a Healthy Lunch Box

With a new school year on its way, it's time to start thinking about what to put in your child's lunch box. Try these tips to help your child's lunch make the grade this year.

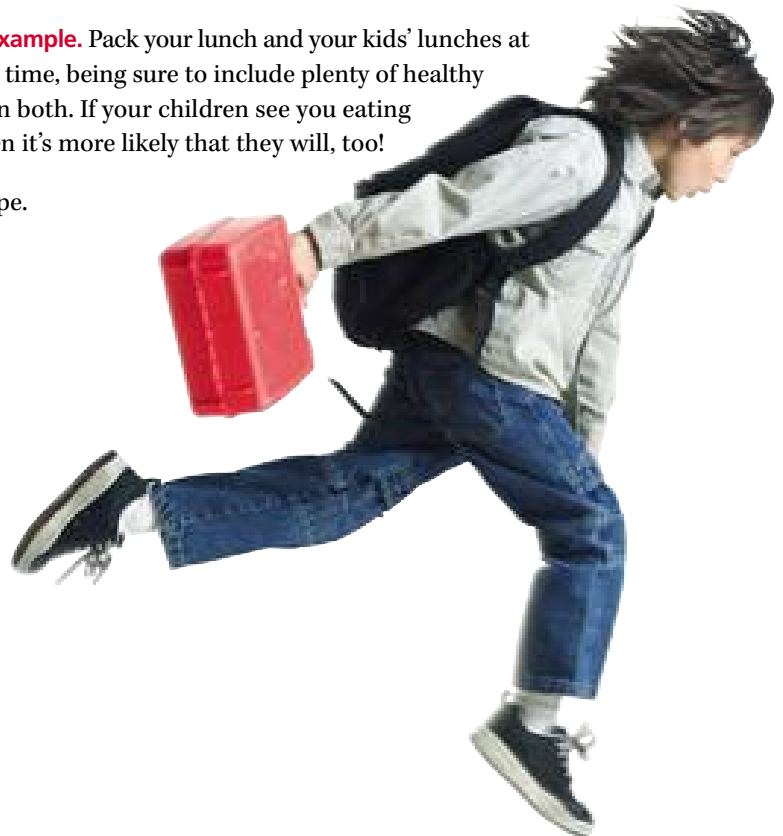
Start with sandwiches. Use whole grain breads. If your child doesn't like whole grain breads, start with a "light wheat" bread and work up to whole grain. Use low-fat deli meats, reduced fat cheeses, and light mayonnaise.

Make a better beverage choice. Studies show that drinking too much fruit juice can contribute to cavities, childhood obesity, and other health problems. Try replacing a juice box with a small bottle of water. Freeze it ahead of time. By lunchtime, the bottle has served two purposes: hydrating your child and keeping the lunch cold.

What about chips and dessert? You don't have to eliminate these entirely from your child's lunch. Baked tortilla or pita chips are a good alternative to traditional potato chips. Pair fruit (such as apples, Asian pears, or bananas) with a couple of chocolate wafers. Or make Easy Monkey Bread* with your child and include it as a special homemade treat.

Set the example. Pack your lunch and your kids' lunches at the same time, being sure to include plenty of healthy choices in both. If your children see you eating right, then it's more likely that they will, too!

*See recipe.



In The Next Issue

- Wellness Tips for Any Lifestyle
- Find Time to Relax
- Easy Workday Exercises

Articles and design contributed by: Jennie Breslow, Tom Deal, Donna Gulotta, Kara Moore, Virginia Ng, Jim Ryan, Kristie Smart, and Susan White.

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Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.

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