

## Family Activity

Make fitness a family affair!

- Go on a bike ride
- Do yard work
- Wash your car
- Schedule family trips to the recreation center
- Train together for a charity walk or run
- Walk or bike to your children's sporting events to cheer for them
- Take dancing lessons
- Teach your children how to garden

## You Are What You Eat

Eating out is very common with today's on-the-go lifestyle. To help you eat better, featured below are healthy items on the Panera Bread menu:

**Whole Wheat Bagel**  
(340 calories 2.5g fat 6g fiber)

**Sourdough Roll**  
(190 calories 0.5g fat 2g fiber)

**Low Fat Tripleberry Muffin**  
(300 calories 3g fat 3g fiber)

**Low-Fat Vegetarian Garden Vegetable Soup**  
(90 calories 0.5g fat 2g fiber)

## Vending Machine Choices

Your child has swim practice at 4:00 p.m., and she will need an after-school snack. You give her \$2 and tell her to get a snack and drink out of the vending machine at school. Vending machines are available to all children, elementary age through high school, and this worries the health conscious for many reasons. According to an article in *The Indianapolis Star*, at least 15% of Indiana youths are obese, and nearly another 15% are overweight. Nationally, experts say 13%, or roughly 10 million people, are obese.

"Childhood obesity has tripled in the last twenty years. We need healthy vending machines in schools to combat this problem," stated Martha Rardin, Director of Nutrition and Dietetics at Hendricks Regional Health.

Most parents do not know what kind of food is in vending machines or what their child eats from vending machines. After July 1, 2006, a federal mandate will be in place for healthier vending machine choices. A bill has already been passed in the House and Senate.

In order to make vending machines healthier for students, there needs to be a re-branding and re-distribution of the items. For example, your child's favorite cookies in the vending machines can be replaced by granola or whole-grain fruit bars for a healthier snack.

Another example is pudding. Pudding in vending machines is made with whole milk. The best option, however, is fat-free pudding. Your child won't taste the difference between fat-free pudding and whole milk pudding, and in the end, it is the best snack option.

A snack is healthiest when it contains 3 grams of total fat or fewer per serving and contains 30 grams of carbohydrates or fewer per serving. Smaller portion sizes are preferred.

To get involved, contact your child's school and ask for the person or organization responsible for handling the vending contracts. Ask to be involved in working on the new federally mandated wellness policy. Schedule a meeting with other concerned parents. The goal of parents and administrators should be to improve children's eating habits by increasing access to nutritious foods and beverages throughout the school campus, and to educate administrators, teachers, children and parents about how nutrition and physical activity impact children's health and academic achievement. The replacement of healthy items in vending machines is a step in the right direction.

## Get Moving! (Community Events)

April 22

### Komen Race for the Cure

Time: 7 AM - 11:00 AM  
Location: IUPUI Campus, Military Park  
Price: \$25, other levels available  
Phone: (317)-638-CURE  
Web: [race.komenindy.org](http://race.komenindy.org)

April 30

### March of Dimes WalkAmerica

Time: 12:30 PM  
Location: Hummel Park, Plainfield  
Price: Free; donations accepted  
Phone: (317) 262-4668  
Web: [www.walkamerica.org](http://www.walkamerica.org)

April 4, 11, 18, 25

### Family Fitness: Pilates

Time: 1 PM - 1:30 PM  
Location: Plainfield Public Library  
Price: A \$20.00 fee per family is required at the first class.  
Phone: (317) 839-6602

April 13 & 27 and May 11

### Family Fitness: Cardio Family Fun (designed for children ages 5-12)

Time: 2 PM  
Location: Plainfield Public Library  
Price: free  
Phone: (317) 839-6602



## How exercise reduces stress

"I'm so stressed!" Does this sound familiar? There is one proven way to reduce stress: exercise.

Stress is your body's signal to take a break, relax, and pay attention. Unfortunately, many people do not respond because they don't hear the message. Stress remains, and a person's body begins to weaken. Some common signals of stress are restlessness, irritability, tension, headache, stomachache, fatigue, feeling depressed, eating, smoking or drinking too much.

Exercise, however, strengthens your immune system, increases your appetite, lessens fatigue, improves stamina, and most importantly, reduces stress. Exercise adds balance to your daily life.

Understanding that exercise reduces stress is the easy part. Exercising is simple, easy, and fun. One common barrier to exercise is time. Everyone is busy, so you must decide what is important to you. If decreasing the stress in your life is important to you, you will find the time to exercise. New research shows that as little as 10 minutes a day of exercise can yield positive benefits. Climb the stairs at work, park farther away at the grocery store, or run around the neighborhood with your dog. Any form of exercise will reduce your stress and improve your well-being.

## Get moving and get INShape!

Send your kids outside to walk to a friend's house that is close, rake leaves, shoot baskets, or play frisbee. Inside they can turn on their favorite music and dance, do chores or ride an exercise bike. Children who are active feel better, have more energy and even learn more easily than their peers. They bring more focus, stamina and creativity to the classroom.

### Fruit-n-Juice Breakfast Shake

1 very ripe banana, peeled  
3/4 cup pineapple juice  
1/2 cup low-fat vanilla yogurt  
1/2 cup rinsed strawberries, stems removed

#### Directions:

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries.
2. Secure lid and blend until smooth.
3. Divide shake between two glasses and serve immediately.

Serving Size: Makes 2 servings.

Nutrition facts per serving: calories – 168 total fat – 1g fiber – 0g sodium – 34mg carbohydrate – 35g protein – 4g

recipe from [kidshealth.org](http://kidshealth.org)