



# Healthy News

Newsletter of  
Healthy Schools Project &  
Healthy Hawks

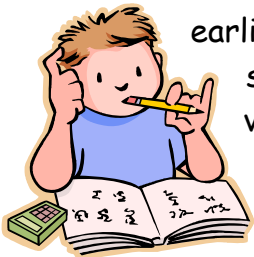


## The Importance of Habits

By: Ann McGrath Davis, PhD, MPH

Email: [adavis6@kumc.edu](mailto:adavis6@kumc.edu)

Lately I've been thinking a lot about habits and how important they can be to our health. According to Webster's Dictionary a habit is defined as "typical or usual way of being, doing, growing, etc." With fall coming on and school starting, I've found myself needing to change up the habits of my family. Because school has started, we often need to get up earlier, and as a result, I think my kids



should be going to bed earlier. There is homework to do and a seemingly endless variety of activities that need to fit into our schedule. What I've found helps when I'm changing things up like this, is to focus on making things part of my daily habit. Not something that I try to squeeze in between my habits, but an actual daily habit that is part of my routine. Let me give you an example.....

### In This Issue:

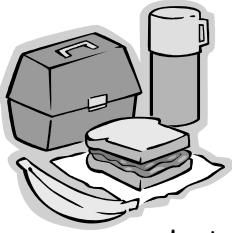
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This summer I got out of two habits - my morning exercise and packing my lunch. Our family had a variety of visitors and travels this summer, and through all of this my habits ceased to take place. I started eating at the work cafeteria (which is quite unappetizing except for their giant slices of pizza - you can see where this is going) and I started sleeping late instead of getting up early to do my morning exercise. For about 3 months, I had completely fallen off the wagon, so to speak, and honestly, I hardly even noticed that anything had changed.



However, this fall, with the start of school, I realized what had happened - I was no longer engaging in 2 of the behaviors I considered key to my health - exercising for 30 minutes every morning and taking a healthy lunch. For the past 2 weeks I have worked hard to try to fit these things back into my daily schedule and make them into a true habit once again. To help increase my motivation to get up in the morning, I downloaded a few podcasts of some radio shows I enjoy and listen

to those when I exercise. To improve the habit of bringing my lunch, I bought some foods at the grocery store that I like to take in my lunch (smoked almonds, yogurt and cheese sticks) and even bought a few frozen entrees to stick in the freezer at work incase I don't have time to pack my lunch one of these days.



So far, my habits seem to have fit right into my schedule and don't seem to be slowing down my day a bit. In fact, I notice myself actually being AHEAD of schedule in the morning sometimes, if you can believe that. I point these things out because just by making or sticking to your healthy habits, even if they are quite small, you can make a large impact on your health or the health of your family. Are there some habits you can begin to improve your health? Or, perhaps some unhealthy habits you can cut out? Drop me an email at [adavis6@kumc.edu](mailto:adavis6@kumc.edu) to let me know what habits are working or not working for you - and have a very healthy month!



## Recipe of the Month



By: Healthy Hawks Dietitian, Rebecca Batson, RD, LD

Email: [RBatson@kumc.edu](mailto:RBatson@kumc.edu)

### Monster Fingers and Green Goblin Goo

Just because it's Halloween, doesn't mean that the food has to be unhealthy. Enjoy this Halloween trick to this classic healthy treat (veggies and dip).

#### Monster Fingers:

- 1 cup baby carrots
- 1 cup celery sticks (and/or 1 cup lightly micro-cooked and chilled asparagus spears if desired)
- 1 cup jicama sticks
- Other vegetables for dipping



#### Green Goblin Goo

- 16 oz fat free sour cream
- 5 drops (add more if desired) green food coloring
- 1 pkg Hidden Valley Original Ranch Dips (or other dip mix)

**Instructions:** Add the ranch dip mix to fat free sour cream in a bowl. Mix. Stir in 5 drops of green food coloring. Chill at least 1 hour. Serve with the monster fingers.



## WEBSITE HIGHLIGHT

<http://www.familyeducation.com>

By: Marilyn Laila Sampilo

Email: [msamilo@kumc.edu](mailto:msamilo@kumc.edu)



It is an exciting part of the year... the start of a new school year. With school starting back up, FamilyEducation.com offers both parents and kids helpful back-to-school information. Some of the highlights include tips on back to school shopping, tips on how to deal with first day jitters or nerves, and back-to-school safety tips.

In keeping in line with our commitment to exercise and healthy eating, FamilyEducation.com also offers a section on fun family activities for the school year. Highlights include: *Indoor and Outdoor activities and Arts and Crafts*. FamilyEducation.com also offers a section on breakfast and lunch ideas for the school year. Highlights in this section include: *Healthy Breakfast Ideas, Top 10 Breakfast Solutions, Cheap and Healthy Lunch Ideas, and Lunch Box Recipes*.

To access the Back-to-School information, go to <http://www.familyeducation.com/home/> and click on Back-To-School Resources.

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## Participant Highlight

### Jecee

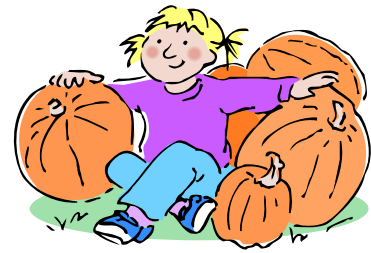
Each month we at Healthy Hawks decide to acknowledge one person who is an exceptional participant. This month we would be recognizing Jecee. He has been doing a great job in the Healthy Hawks group from the first day. Jecee contributes during our group lessons and helps us to have a good time. As one of the teenagers in Healthy Hawks, he recognizes the importance of leadership. Whenever he is around the younger kids, he makes a special effort to be a good role model and help direct them to follow directions and still have fun. Jecee, we are very glad to have you as part as our team!

"The group time is informative and I have a fun time playing games. I love celery pie!!"

## Family Exercise Activity Highlight



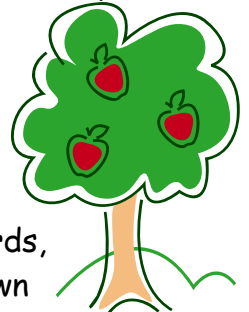
By Katie Steiger, M.A.  
Email: [ksteiger@kumc.edu](mailto:ksteiger@kumc.edu)



### Staying Active in October

The weather is beautiful at this time of year! The leaves are turning colors and on most days it isn't too hot or too cold. Here are a few ideas for you to enjoy of this time of the year, have fun and do something a little bit different in the fall season.

- 1) Take advantage of the season and make a family trip (or two!) to local orchards or pumpkin farms. Exploring the outdoors and searching for the best fruit is great exercise and a fun activity for the whole family; plus, parents can feel good about supporting local businesses. Afterwards, you'll have a bounty of fresh produce to take home and make your own healthy treats or jack o' lanterns!



- 2) Kids and parents alike, get outside to rake some leaves, then jump and play in the piles - yard work and play-time in one! Have any neighbors who may be unable to rake their yards, trim bushes, or other tasks? Why not offer to do a little yard work for them? You'll be helping your community while getting some great exercise.

- 3) Rainy day? Make a trip to your local library to rent a fun exercise video. Help the whole family get active, even when you can't go outside.

- 4) Halloween, one of everyone's favorite holidays! End the month on a fun *and* healthy note. Walk, *don't* drive, to take your kids trick-or-treating. If you plan to go trick-or-treating in a different neighborhood, drive to the neighborhood, then park the car so everyone can walk from home to home. You may even make a game out of it and try racing from mailbox to mailbox. Also, limit treats to no more than one to two at a time, and get in some extra activity to "keep the balance" and continue following your healthy goals.



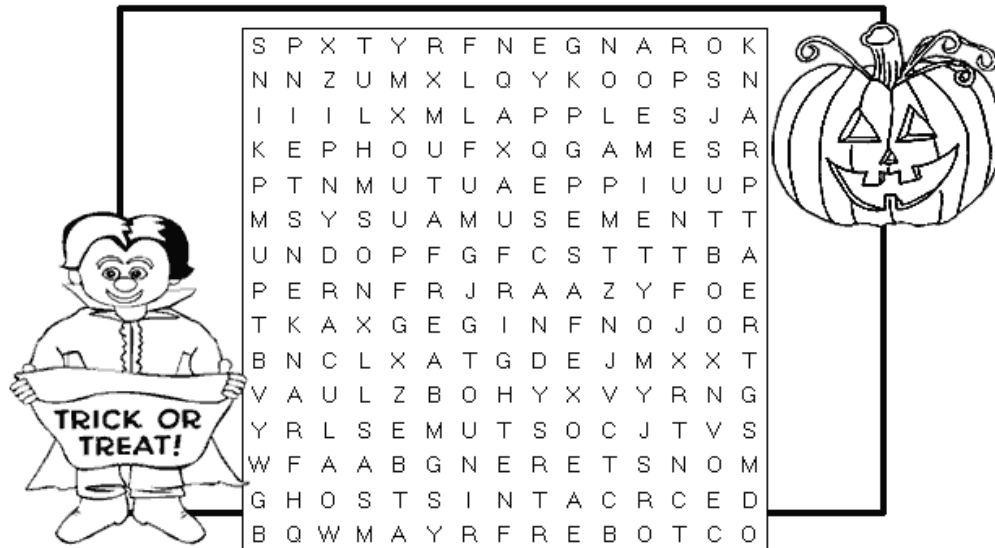
# Back to School

By: Martha Gonzalez-Mijares, Research Assistant

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Find 20 hidden words related to Halloween.

Words in this puzzle may be found from top to bottom, bottom to top, left to right and right to left



TRICK OR TREAT!

S P X T Y R F N E G N A R O K  
N N Z U M X L Q Y K O O P S N  
I I I L X M L A P P L E S J A  
K E P H O U F X Q G A M E S R  
P T N M U T U A E P P I U U P  
M S Y S U A M U S E M E N T T  
U N D O P F G F C S T T T B A  
P E R N F R J R A A Z Y F O E  
T K A X G E G I N F N O J O R  
B N C L X A T G D E J M X X T  
V A U L Z B O H Y X V Y R N G  
Y R L S E M U T S O C J T V S  
W F A A B G N E R E T S N O M  
G H O S T S I N T A C R C E D  
B Q W M A Y R F R E B O T C O

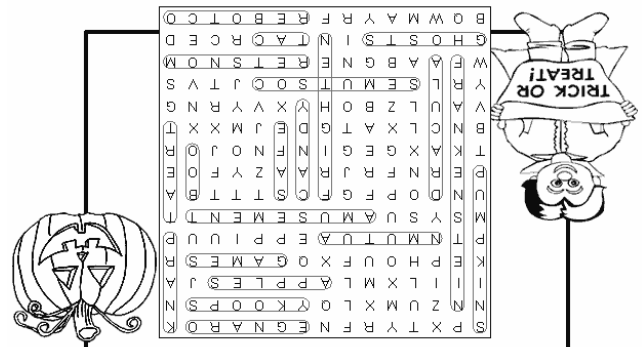
- |              |                 |             |              |
|--------------|-----------------|-------------|--------------|
| 1. amusement | 6. cat          | 11. games   | 16. prank    |
| 2. apples    | 7. costumes     | 12. ghosts  | 17. pumpkins |
| 3. autumn    | 8. dracula      | 13. monster | 18. safe     |
| 4. boo       | 9. frankenstein | 14. october | 19. spooky   |
| 5. candy     | 10. frighten    | 15. orange  | 20. treat    |



**HAVE A HAPPY,  
WONDERFUL AND SAFE  
HALLOWEEN!**



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TRICK OR TREAT!

S P X T Y R F N E G N A R O K  
N N Z U M X L Q Y K O O P S N  
I I I L X M L A P P L E S J A  
K E P H O U F X Q G A M E S R  
P T N M U T U A E P P I U U P  
M S Y S U A M U S E M E N T T  
U N D O P F G F C S T T T B A  
P E R N F R J R A A Z Y F O E  
T K A X G E G I N F N O J O R  
B N C L X A T G D E J M X X T  
V A U L Z B O H Y X V Y R N G  
Y R L S E M U T S O C J T V S  
W F A A B G N E R E T S N O M  
G H O S T S I N T A C R C E D  
B Q W M A Y R F R E B O T C O

For more information about Healthy Schools & Healthy Hawks please call: 913-588-2452

Toll Free: 1-877-588-3775

Visit our website at

[http://www2.kumc.edu/kids/healthy\\_hawks/](http://www2.kumc.edu/kids/healthy_hawks/)

Please contact us if any of your contact information has changed so we can continue to send you our newsletters. If you would like to be taken off our mailing list please let us know.

**THANK YOU & STAY HEALTHY!!**

## Calendar of Events:



**October 31<sup>st</sup> Halloween!**



**Happy  Halloween**

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