

# Healthy News



*Newsletter of*  
**Healthy Schools Project &  
 Healthy Hawks**



**KU** MEDICAL  
 CENTER  
 The University of Kansas

## Have Happy and Healthy Holidays

By: Ann McGrath Davis, PhD, MPH

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As hard as it is to believe, December is here and the end of the year is upon us. Where did all that time go? It seems like just yesterday that the days were long and we were outside riding bikes and walking with friends. Now it's time to bundle up for the winter and dust off those sleds and other snow gear.

I hope you and your family had a very Happy Thanksgiving, and perhaps tried some new ideas to make your holiday a little healthier. The month of December continues to present many challenges to those trying to improve their habits - you are not alone. So, here are a few ideas that may help....

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1. Celebrate! Develop/maintain family traditions that help you to celebrate this wonderful season. Whether it be decorating the tree, lighting the menorah or playing in the snow - be sure to have fun while you are engaging in these special activities. Invite family and friends over to help you celebrate and make the most of every occasion.
2. When having people over to your own home, serve healthy foods and drinks, and have the occasion be activity based (rather than red food based). Your friends and family might appreciate learning more about what you have learned - perhaps they can even join you in trying to live healthier? Even if they don't eat a thing that you serve, you know they will have a great time enjoying your company.
3. When you visit the homes of others, don't deny yourself the delicious red foods they offer you. Simply take small portions, and do a little extra exercise the next day. We do not want anyone feeling deprived or as if they cannot enjoy the special treats offered at the holidays.
4. Finally, do your best to keep the red foods out of your home. You know you will see plenty of them at work, school, church, and other places, so there is no need to keep them at home. If you do want to bake some of those special holiday red foods - go ahead! The trick is to give them away to friends and neighbors immediately after you bake them, and only keep one small serving around for your own consumption.



Finding an appropriate outlet for activity can also be challenging for people this time of year with the short days and bad weather. Find some new activities that you can do to together as a family in the evenings instead of watching TV. Instead of watching American Idol or Dancing with the Stars, turn off the TV and have a talent competition or dance competition of your own. Or, play a game of hide and seek or tag as a family. Try turning on the music and dancing while you do the chores with the kids - it's amazing how much fun chores can be, and how much exercise you can get doing them, with a little music and dance.

As a closing note, with the New Year approaching, many families find this a good time to set some resolutions. Some time in the month of December it may be helpful to sit down together and write down your New Year's resolutions - and be sure that some focus on living healthy lives. It's a great way to start off the New Year and continue your goal of being a happy and a healthy family.

## Recipe of the Month

By: Healthy Hawks Dietitian, Rebecca Batson, RD, LD  
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### Blueberry Walnut Oatmeal

There's nothing like a warm meal to start a cold winter morning! A good breakfast includes fiber and protein to help keep you satisfied until lunch. Oatmeal is a great source of fiber and in this recipe, by adding walnuts, not only do you add more fiber, but there is also a good source of protein and healthy unsaturated fat. Unsaturated fat helps protect the heart against plaque build-up. The blueberries are also a loaded source of antioxidants to help fight colds and flu. Enjoy this breakfast to help you stay warm and be healthy this holiday season!



#### **Ingredients:**

- 1 cup water
- $\frac{1}{2}$  c old-fashioned oats
- $\frac{1}{4}$  c blueberries (frozen or fresh)
- $\frac{1}{2}$  Tbsp chopped walnuts (pecans, or almonds also good options)

#### **Directions:**

1. Combine the water and oatmeal in a small saucepan.
2. Cook, stirring occasionally, over medium heat for 7 minutes. Stir in the berries and walnuts.
3. Spoon into a serving dish. Serve warm.

*Nutrition information: Calories: 234, Total Fat: 5 g, Saturated Fat: 1 g, Unsaturated Fat: 4 g, Total Carbohydrates: 42 g, Dietary Fiber: 5 g, Soluble Fiber 2 g, Insoluble Fiber: 2 g, Sugar 1 g, Protein: 8 g*

Other recipes like this available at [www.foodfit.com](http://www.foodfit.com)

## Participant Highlight Ericka



Ericka is a fantastic addition to Healthy Hawks family. The stop light diet is one of her favorite parts of Healthy Hawks. It has helped to simplify how to make healthy food choices. She has done an exceptional job working with her family to incorporate more healthy habits in their daily lives. They have added new healthy eating alternatives and more exercise in their daily lives. Ericka comes in every Monday with a great attitude and we can see the progress she has made these past few months. Keep up the good work! We are all glad to have you be a part of Healthy Hawks. Happy Holidays to Ericka, her family and all of our Healthy Hawks families!

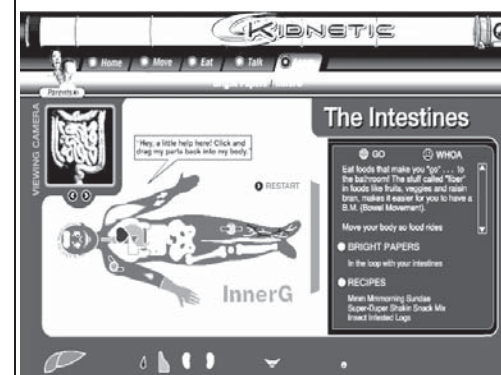
## WEBSITE HIGHLIGHT

[www.kidnetic.com](http://www.kidnetic.com)

By: Yasuko Landrum, Ph.D.  
Email: [ylandrum@kumc.edu](mailto:ylandrum@kumc.edu)



This is a kid friendly site with full of games and good information about exercise, healthy foods, and fun living.



#### Move:

Click "Move." You can visit game sites such as "Wet Head Games," "Scavenger Hunt," "Fitness Challenges," and "Move Mixer." Is it cold outside? Don't worry. This site will give you tons of ideas for indoor activities! Are you ready to move?

#### Eat:

Click "Eat." You can find great recipes that you can try. You may be able to find yummy snacks, side dishes, and dinner menus that you like!

#### Learn:

Click "Learn." You will find useful information about fitness, foods, fun, and feelings. Learn more and get smart!

#### For Parents:

Click "Parents." You will find great healthy tips for parents. This part of the site is friendly for Spanish-speaking parents, too! Call your parents and show them what you've found.



## Family Exercise Activity Highlight!

By Shanna Simpson, Healthy Hawks Coordinator  
Email: [ssimpson@kumc.edu](mailto:ssimpson@kumc.edu)  
The 12 Days of Fit-mas!



To the tune of "The Twelve Days of Christmas," here are some fun exercise activities to do over the holidays with your family. If you don't know how to do the exercise listed, just put another exercise in its place. Be sure to keep it fun!

On the **first day** of Fit-mas the exercise to do: a family jog around the block a time or two!

On the **second day** of Fit-mas the exercise to do: 2 windmills and a family jog around the block a time or two.

On the **third day** of Fit-mas the exercise to do: 3 bridges, 2 windmills, and a family jog around the block a time or two.

On the **fourth day** of Fit-mas the exercise to do: 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

On the **fifth day** of Fit-mas the exercise to do: 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.



On the **sixth day** of Fit-mas the exercise to do: 6 legs a lifting, 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

On the **seventh day** of Fit-mas the exercise to do: 7 stairs a stepping, 6 legs a lifting, 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

On the **eighth day** of Fit-mas the exercise to do: 8 jacks a jumping, 7 stairs a stepping, 6 legs a lifting, 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

On the **ninth day** of Fit-mas the exercise to do: 9 sit-ups sitting, 8 jacks a jumping, 7 stairs a stepping, 6 legs a lifting, 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

On the **tenth day** of Fit-mas the exercise to do: 10 legs a lunging, 9 sit-ups sitting, 8 jacks a jumping, 7 stairs a stepping, 6 legs a lifting, 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

On the **eleventh day** of Fit-mas the exercise to do: 11 pushups pushing, 10 legs a lunging, 9 sit-ups sitting, 8 jacks a jumping, 7 stairs a stepping, 6 legs a lifting, 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

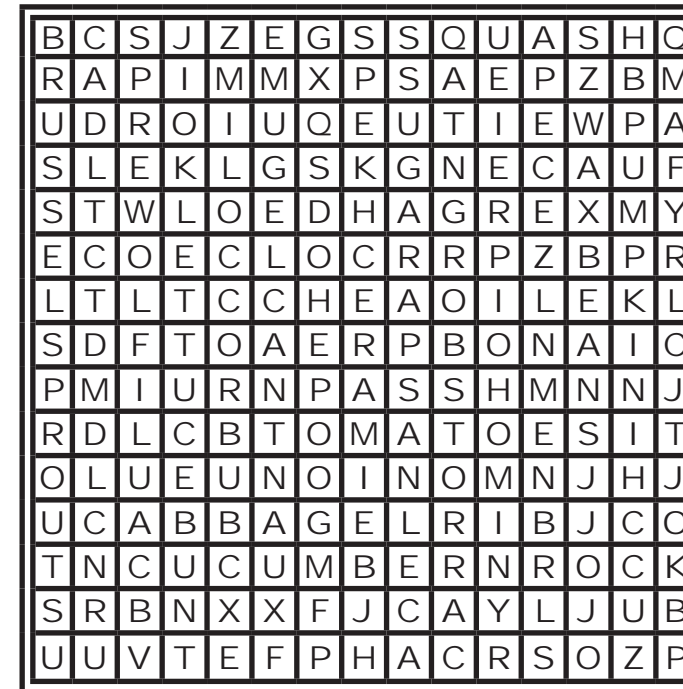


On the **twelfth day** of Fit-mas the exercise to do: 12 skippers skipping, 11 pushups pushing, 10 legs a lunging, 9 sit-ups sitting, 8 jacks a jumping, 7 stairs a stepping, 6 legs a lifting, 5 minutes of tag, 4 squat thrusts, 3 bridges, 2 windmills, and a family jog around the block a time or two.

## Healthy Holidays!

By: Martha Gonzalez-Mijares, Research Assistant  
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During the Holidays it can be hard to remember those green foods. The words in this month's word search are all veggies, see if you can find them all, and remember to keep eating healthy!



### Word List

Asparagus	Legume
Beets	Lettuce
Broccoli	Mushrooms
Brussel Sprouts	Okra
Cabbage	Onion
Carrots	Peas
Cauliflower	Pumpkin
Corn	Spinach
Cucumber	Squash
Egg Plant	Tomatoes
Green	Wax Beans
Green Beans	Zucchini
Hominy	



Submit your answers to [mgonzalez@kumc.edu](mailto:mgonzalez@kumc.edu) for a chance to **win a prize!**

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:

-  **December 25<sup>th</sup> - Christmas Day**
-  **December 29<sup>th</sup> - No Healthy Hawks**
-  **January 1<sup>st</sup> - New Year's Day**
-  **January 19<sup>th</sup> - Martin Luther King Jr Day**

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