

Wellsville



We're making healthy choices!

Get fit and have fun at Wellsville!



Celebrate National Physical Fitness Month

May means celebrating many wonderful things: weddings, flowers, warmer weather, and Mother's Day. But there's another reason to celebrate in May! What is it, you ask? May is National Physical Fitness and Sports Month. Hurray!

You're not cheering? You're saying, "Yes, but I have too much to do?" Well, let's change that "Yes, but" to "Get off your butt" and make a plan to get up, get out and get moving! Starting today. Are you familiar with Iyanla Vanzant? She's a famous life coach whose catch phrase is "until today." So, you've been inactive and don't have time to get active? Say it with us, "Until today."

Today is the most powerful day you have because it's all you have and it's always new and always a fresh start.

So to celebrate this month of May, you (and your children) can get up and move your way every day. Did you know that children need 60 minutes of active play every day to stay healthy? A common misperception is that you do not need to worry about the health of children who do not look overweight. This misperception could be placing your child at risk by reinforcing a sedentary lifestyle that will eventually cause health issues. We all probably know people who were thin most of their growing up without any effort or exercise. But then when adulthood hits....it's a whole other story. And, it is not about being thin, it's about being healthy and fit which comes in different shapes and sizes! Fit is it!

So now is the time to start good habits of being active in your children. And now is the time to do it with you. No matter what your age. It's never too late to start fresh, to start new. It's spring. Why not do something new?

So, how do you do this moving around more, you ask?

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The list is endless, but here are some easy "you can do it" suggestions:

- Go for a walk together
- Plant a garden in the yard
- Play catch
- Visit the park and play
- Catch fireflies in the evening (when summer arrives)
- Get an old rope out of the garage and play jump rope
- Teach your child hop-scotch



And you can help your kids build some muscles too by using beanbags, parachute play, controlled tug-of-war, lifting some vegetable cans or water jugs (nothing too heavy for kids), trying Wii Fit or an exercise tape together, or doing a wheelbarrow walk across the room.

If you want more ideas, check out "How Stuff Works" by clicking [HERE](#) to find other easy and inexpensive ways to have fun and stay fit with your children.

So, be creative, but most importantly, get moving! You were sedentary. Until today! You were making excuses about not being active. Until today. You were letting your kids sit and play video games and watch TV all night. Until today!

Celebrate May!

Celebrate movement!

Celebrate Physical Fitness Month! Today!



Join the Wellsville gang and get movin' and groovin' to a healthier life.



Whole Milk or Low-Fat for Your Child

Case For Whole Milk

Whole milk is a good option for toddlers (age 1 or older) who aren't breastfeeding and who aren't drinking a toddler formula. According to the American Academy of Pediatrics (AAP) in their Guide To Your Child's Nutrition, these "young children need calories from fat for growth and brain development," and "this is especially important in the first 2 years of life."

The only other real benefit of whole milk over low fat milk is that many people do think it tastes better. So, for kids who don't get used to low fat milk and simply refuse to drink it, whole milk may be the only way that they will drink any milk at all. You don't want all of your child's calories to come from milk though, so talk to your Pediatrician and/or a Registered Dietician if you feel like you are in this situation.



Case For Low-Fat Milk

Although the AAP touts the benefits of whole milk for younger toddlers, they do say that "after age 2, you can switch your toddler to skim or low-fat milk, like the rest of the family."

A quick

comparison of milk nutrition labels (per 8 ounce serving) shows that there really is a difference:

- Whole Milk - 150 Calories - 8g Fat
- 2% Milk - 120 Calories - 4.5g Fat
- 1% Milk - 100 Calories - 2.5g Fat
- Skim Milk - 80 Calories - 0g Fat

So if your 5-year-old goes from whole milk to 1% milk and typically drinks 3 cups of milk a day, he would save 150 calories a day. Although that doesn't sound like much, since you gain about a pound for every 3500 calories you consume, those extra 150 calories might cost you an extra pound in body weight every 3 weeks or so (150 calories/day x 23 days = 3450 calories = 1 pound).

So what should you do?

According to the AAP recommendations, if your toddler isn't going to continue breastfeeding, you should switch her to whole milk once she is 12 months old. Next, switch to skim or low fat milk at age 2 years. Remember that soymilk and rice milk are typically low fat, so they would also be good choices once your child is 2 years old, especially if he is allergic to cow's milk or has lactose intolerance.

Please consult your child's pediatrician for more details on what you should do for your children.

This information was obtained from the pediatrics site at about.com. Click [HERE](#) to read the entire story.



Move Your Body ~ Shake Your Chicken!

While we celebrate National Physical Fitness Month, we can also make a healthy entree that can also keep you moving!

Shake It Up Chicken Nuggets

Ingredients

- 1 ¾ cups herb-seasoned crumb stuffing mix
- ¼ cup grated Parmesan cheese
- 3 tablespoons margarine
- ¼ cup low-fat buttermilk
- ¼ teaspoon ground black pepper
- 2 boneless, skinless chicken breasts

Method

1. Preheat oven 450 degrees.
2. Measure stuffing mix into resealable plastic bag. Seal bag and place on flat surface. Crush crumbs by rolling and pressing rolling pin over bag.
3. Open bag and add Parmesan cheese. Reseal bag and shake to mix thoroughly.
4. Melt margarine
5. Place melted margarine, buttermilk, and pepper in medium shallow bowl. Stir well with spoon. Set aside.
6. Rinse chicken breasts and pat dry with paper towels.
7. Place chicken breasts on cutting board. Cut chicken with small, sharp knife into 16 chunks of the same size.
8. Dip each chicken chunk into buttermilk mixture, covering all sides. Let extra buttermilk mixture drip off. Place 3 dipped chunks at a time into bag of crumbs. Seal bag tightly and shake until chicken pieces are evenly coated with crumbs.

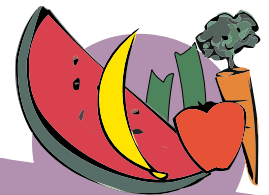
9. Place coated nuggets on an ungreased baking sheet. Repeat with remaining chicken chunks.

10. Place baking sheet in oven. Bake nuggets 4 minutes.

11. With oven mitts, remove pan from oven. Using tongs, turn over each nugget.

12. Return to oven and bake 4-5 minutes, or until medium golden brown.

13. With oven mitts, remove pan from oven. Using tongs, remove nuggets to platter or plates. Serve nuggets immediately. Place a small bowl of your favorite dipping sauce nearby, if you like.



Nutrition Junction

Find More Recipes at:
www.wellsville.tv

Did You Know?

- Brand loyalty can affect kids as young as 2. So, introducing them to fast food chains (such as McDonald's, Burger King, etc.) early can be hard to break later.
- Girls who are overweight score lower on math and social skills test than those who are not overweight.
- Strength training will have one of the greatest impacts on controlling childhood obesity.
- A number of preschoolers as young as age 1 are already showing BMI (body mass index) levels that place them at risk for obesity!