

BODYWORKS *Bulletin*

A Toolkit for **Healthy Teens & Strong Families**

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Spring into Action: Get your Family Moving!

The weather is warming up and the daylight lingers longer. Help your family get moving this spring:

- * Take a family bike ride.
- * Get in the habit of taking family walks before or after family meals.
- * Have a dance party while you prepare dinner together.
- * Plan active weekend events, like hiking or a day at the park.
- * Inspire competition! Divide your family into teams and hold races, scavenger hunts, or a game of softball.
- * Find a cause! Sign your family up for a 5k run or walk and raise money for your favorite organization.



Exercise Defined

- *Vigorous: causes you to sweat and breathe hard.*
- *Moderate: exercising while you can talk, but not so lightly that you can sing.*
- *Resistance: increases muscular strength and endurance and maintains/increases muscle mass.*
- *Weight-bearing: any activity in which your feet and legs carry your own weight.*

Turn off the TV!

A good way to get your kids moving is to get them to decrease TV time. Here are some tips:

- ◆ Be firm about setting limits on TV time each day.
- ◆ Set clear rules—like no TV during meals!
- ◆ Remove the TV from your child's bedroom.
- ◆ Record favorite shows to view later. Plan to watch specific shows rather than zoning out to whatever is on.
- ◆ Set a good example by finding other ways to spend your time.
- ◆ Replace after school TV watching with other activities.

Secrets to Making HEALTHY & FUN School Lunches



Pick a theme. Trigger your children's creative juices by suggesting themes, such as:

- **The Dip:** Cut a baked chicken breast into strips, and pack them with honey mustard for dipping. Include carrots and broccoli to dip in fat-free or reduced-fat ranch dressing.
- **Backwards:** Make an inside-out sandwich using lettuce to wrap turkey, fat-free or low-fat cheese, and tomato.
- **Mexican Food Mondays:** Allow your child to build healthy burritos or tacos with ingredients such as: whole-wheat tortillas, lettuce, fat-free or low-fat sour-cream, salsa, brown rice, and beans (not refried).

Forget the white bread. Banish boredom by using whole-grain bread options, and switch out the fillers, too. For example:



- If your child loves PB&J, make a peanut butter and banana roll-up. Spread peanut butter on a whole-grain tortilla, add a sliced banana, and roll!
- Fill a pita with your child's favorite vegetables, adding hummus for flavor.
- Spread some pizza sauce on a whole-wheat tortilla, add some low-fat or fat-free mozzarella cheese, then melt, roll, and slice.

For more ideas, check out the full tip sheet from [We Can!](#)



Ingredients:

- 1 cup orzo pasta, cooked
- 1 cup asparagus, lightly steamed, cut the same size as the pasta, or peas
- 1/2 cup red bell pepper or carrots, chopped
- 1/2 cup green onions, sliced
- 1/2 cup yellow summer squash, chopped
- 1 cup fresh spinach, chopped
- 1 cup small cherry tomatoes
- 1/4 cup low-fat vinaigrette dressing
- 2 tablespoons grated parmesan cheese
- 1/4 teaspoon salt

Add some color to your table this spring!

Vegetable Pasta Salad

Serves 4



Directions:

1. Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing and parmesan cheese in a large bowl.
2. Toss to coat with the dressing.
3. Serve with grilled chicken or fish at a barbecue or picnic.

For source and nutritional information, see page 37 of your BodyWorks Healthy Recipes cookbook.



CHANGE TAKES TIME!

Remember:, making big changes in your life is not easy. It takes about 3 months to change a behavior and about 6 months to make a new behavior part of your routine.



- ⇒ Think about your reasons for making healthy lifestyle changes for you and your family.
- ⇒ Build on what you already do. Think about the healthy foods and activities your family already enjoys, and move forward from there.
- ⇒ Figure out what may get in the way of making these changes so you are prepared to deal with them.
- ⇒ Start small! Choose two or three small changes in eating or physical activity.
- ⇒ Keep a daily food and activity journal.
- ⇒ Reward your successes..but not with food!
- ⇒ Get a BodyWorks buddy. Share healthy ideas and help each other overcome challenges!
- ⇒ Know that you can do it! Use BodyWorks resources to build skills and confidence.
- ⇒ Remember, change happens gradually. Don't be discouraged by slips—they are a normal part of changing behavior. Just get back on track!

Share your feedback with BodyWorks!

Did BodyWorks change your families' eating and activity habits?

Like this bulletin? Have suggestions for future editions?

Send us your:

- * BodyWorks success stories
- * Thoughts and feedback on the

new BodyWorks Bulletin

- * Updates on how you've stayed involved with BodyWorks
- * Questions about health and nutrition—to be answered by a health professional in our next edition!

Contact us at:

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“In order to help your children navigate adolescence successfully, we must board early. Early adolescence is our last best shot at preparing them for a successful life...because they are beginning to adopt patterns of thought and behavior that will accompany them for years to come.”

-Laura Sessions Stepp, *Our Last Best Shot*



SPOTLIGHT ON...

Stephanie and Katie, a mother-daughter BodyWorks team in Bellevue, Washington



When and where did your family participate in BodyWorks? We participated in BodyWorks 3 years ago through Overlake Hospital in Bellevue, Washington.



What was your favorite part of the BodyWorks program? We loved the nutritional content/education and the workbooks.



How did BodyWorks help your family? We really appreciated the hands-on examples instead of simply lecturing. This helped us learn necessary information in a fun way!



What changes have you seen in your family since the program? We are now great at reading food labels and we work as a family to get enough vegetables daily.

What keeps your family motivated to continue the behaviors

learned in the BodyWorks program? We have lost weight and want to keep the weight off and continue to feel healthy!

What advice would you give to a family about to start BodyWorks? Have the child attend as many classes as possible.

How did you make the shift away from fast food? What we learned in BodyWorks, in conjunction with the movie "Super Size Me," showed us the problems with fast foods.

*"I think the information from the program seeped into my daughter Katie's behavior on her own time schedule and she used it to do something she wanted to do—lose 40 pounds and get healthy by cutting sweets and adding physical activity."
~Stephanie*

