

HEALTHY FAMILIES

A Middle School Program for Diabetes Prevention

Volume 2, Summer 2008

It's Summer—Stay Active!

With a little bit of planning, you and your family can stay active the whole summer. Here is what HEALTHY parents have told us about keeping their children active during the summer months while school is out.



“During school breaks, there is more time to plan how to help balance food intake with physical activity. When we plan, we take more walks and do other activities.”

“When I work all day, the problem is my child has no place to go in the summer. I sign him up at the community center or parks program to keep him active.”



“Summer is a time when the whole family can be active together. When the family is active together, we really get to know each other better.”



HEALTHY Experts Recommend:

1

Children should have at least 1 hour of physical activity a day.

2

Limit screen time (computer, TV, video games) to no more than 2 hours a day.

3

Staying active is not just for children – it's for the whole family.

Tips from HEALTHY parents:

- Keep the television out of your child's bedroom.
- Give your children a “screen time allowance” each day.
- Set a regular time for the whole family to do activities together.
- Plan a time for your children to be active every day.
- Sign up for summer programs to keep children active—start your search early!
- Take advantage of community recreation centers, parks and local pools.

This newsletter is brought to you by the HEALTHY Program, which is working with your child's middle school. The quotes on this page come from actual interviews with parents of HEALTHY students across the country.



HEALTHY FAMILIES

Yogurt Parfait – A HEALTHY Summer Snack

Makes 1 Serving

- 1 6 oz. container of plain, vanilla, or fruit-filled low-fat yogurt
- 1/2 cup of seasonal berries or other fruit – frozen or fresh
- 2 tsp of nuts or granola

1. Place half of the yogurt in a glass.
2. Layer the berries or other fruit on top of the yogurt
3. Spoon the remaining yogurt on top of the fruit
4. Sprinkle nuts or granola on top
5. Enjoy!

Nutrition Per Serving:
200 Calories, 2.5 g Fat,
8.5 mg Cholesterol, 125 mg Sodium,
2.5 g Fiber, 37 g Total Carbohydrate,
9 g Protein



Snack Smart, Be Active! Healthy Snacks for an Active Summer:

- String cheese and a piece of fruit
- Yogurt smoothies
- Frozen fruit bars (100% juice)
- Whole grain cereal with 1% or skim milk
- Vanilla wafers, gingersnaps, whole grain crackers, graham crackers, animal crackers, fig bars or raisins and 1% or skim milk
- Handful of frozen grapes or other fresh fruit
- Low-fat popcorn
- Veggies and low-fat dip

Aim for snacks that are 200 calories or less per serving, and remember to drink a lot of water.

HEALTHY Program Update

HEALTHY Program 8th grade PREVIEW:

The HEALTHY program continues in 8th grade!

At the end of the summer, your HEALTHY 7th grader will become a HEALTHY 8th grader. The 8th grade HEALTHY Program will focus on balancing physical activity with healthy eating. Students will have more fun activities in FLASH, PE and in the cafeteria.



HEALTHY Summer Challenge

Get ready for a HEALTHY summer! Introducing the HEALTHY Summer Challenge – a fun way to stay active and eat healthy in the summer break. All 7th grade students and their families are invited to take the Challenge. Students will soon receive a bag with instructions and fun items to get you started. Be on the look out for more HEALTHY Challenge materials and information. Feel free to call us at the number shown below with additional questions or for more information. Good luck!