

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body.

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Win with an Active Lifestyle

An active lifestyle can be a winner for your family, your budget, your health and the environment. Adults and kids can find ways to be active that are fun but not expensive, that keep family members involved with each other as well as the community. Consider these ideas.

- **Re-Schedule Your Family Calendar.**

Begin by looking at how you and your family spend time and money. Tightly packed calendars put unhealthy stress on relationships and perhaps family budgets as well. Families need opportunities to eat dinner and play together, time to be relaxed instead of rushing off in the car to the next activity. Kids (and spouses) crave attention and connection. Consider improving the quality of your family life by setting a limit on the number of activities for each member. Outside interests are important, but so are family relationships. Reclaim this important value.



- **Re-Think Screen Time.**

Most homes have multiple entertainment screens—televisions, computers, video games—and often, more than one of each category. Such devices use an amazing amount of electricity. Just the TVs alone use about 3% of household energy. Turning them off saves energy and helps all of us be healthier. While pediatricians recommend no screen time for children under the age of 2 and less than 2 hours per day for older kids, the entire family benefits from limiting screen time. Establish a screen time budget that applies to everyone. Less screen time leaves more time for active fun—playing ball, riding bikes, taking walks.



- **Re-Define Transportation**

This idea helps the budget and the environment as well as the health of all. The effect of exercise on physical, mental and emotional health has been well documented. Children do better in school and have fewer behavior problems when they get at least 60 minutes of physical activity a day. Walking or biking to school



and other activities (with you alongside!) gives them (and you) a good start on getting the movement we all need. Many errands are less than a mile from home, a distance easily walked in less than 15 minutes. Relying on personal power instead of gas power is better for you and the environment.

- **Re-Discover the Joy of Family Time**

The saying that a family that plays together, stays together is true. We all get more than a healthy body from family playtime. Children learn important values like taking turns and fair play through games, and have fun doing it. Adults need fun just as much as kids, so playtime is good for them too.



Gear for playtime like bicycles, bats and gloves can get pricey. Save money by shopping for active play equipment at garage sales and thrift stores. Good used items can often be found for a fraction of the cost of new.

Adapted from “5 Fun Ways to Get Kids Moving Without Spending a Fortune,” from Eat Right Montana, a coalition promoting healthy eating and active lifestyles, March 2009.

Words to Consider

“The best way to keep children home is to make the home atmosphere pleasant--and let the air out of the tires.” —Dorothy Parker

“Ask your child what he wants for dinner only if he's buying.”—Fran Lebowitz

“It is not giving children more that spoils them; it is giving them more to avoid confrontation.”
—John Gray

Make Cooking Simple

One of the greatest joys of summer is the abundance of fresh locally grown produce. In June there are peas, lettuce, spinach, early broccoli and cauliflower and raspberries. Later July and August will bring tomatoes, peppers, eggplant, zucchini, peaches, corn, and more. All of these fruits and vegetables are available just about any time of the year, but only now are they grown locally. Produce grown right here often tastes better, is fresher and more nutritious than if it is shipped in from many miles away. For a directory of sources for locally grown food in the St. Louis Metropolitan area, go to <http://extension.missouri.edu/ecregion/market/index.shtml>.

See this month's supplement for tips on buying and storing fresh fruits and vegetables as well as more ways to use them.

Summer Rainbow Salad combines fresh seasonal fruit and crisp leafy greens. Add some leftover grilled chicken, pork or beef to transform this side dish into a fast, easy main dish just perfect for a warm June evening. Crisp French bread and a glass of refreshing icy cold milk complete the meal.

Summer Rainbow Salad

- 5 cups Romaine lettuce, torn into bite-size pieces
- 3 cups spinach, torn into bite-size pieces
- 1 cup sliced mushrooms
- 1 cup sliced strawberries or whole raspberries, blueberries or blackberries
- ½ cup thinly sliced red or sweet onion
- ½ cup reduced fat sweet Italian or raspberry vinaigrette dressing



In a large salad bowl, toss Romaine, spinach, mushrooms, berries and onion. Just before serving add dressing, tossing again to coat evenly.

Makes 6 servings. Nutrition information per serving: 50 calories, 6g carbohydrate, 3g fiber, 2g fat, 310 RE vitamin A, 34mg vitamin C, 184mg sodium.

Shopping at a Farmers Market

Shopping at a Farmers Market is different than supermarket shopping. Here are some good things to know before you go to make the most of your experience.

1. Farmers Markets have limited hours, usually open just one day per week. While some run year round, most operate from May through October.
2. Most Farmers Markets are outdoors, so be prepared for the weather. Wear comfortable shoes and be prepared to walk.
3. Bring a bag or basket to carry your purchases. Some sellers may have plastic bags but better to be prepared. Bring a cooler with ice if you plan to buy perishable foods. Remember, too, you will need to carry whatever you buy back home or to your car; no shopping carts here.
4. Some markets have more than fresh produce for sale. You may find plants, flowers, jams, baked items, meats, crafts.
5. Bring cash (no credit cards) in small bills, as sellers are not likely to have change, especially early in the day.
6. For best selection, arrive early. When a farmer sells out, they're out. An alternative buying strategy is to go late when sellers might be more willing to lower prices to avoid taking leftovers back home.
7. When you arrive, take a quick tour of the market to see what is available, which vendor has the best quality and who has the best price.
8. Take advantage of the opportunity to get to know the grower. Talk to them about how and where each product was grown, how to prepare it, what they will have to bring to the market in the upcoming weeks.
9. Go directly home from the market to put away what you bought. Perishable foods like meat need to be kept cold to prevent forborne illness. Fruits and vegetables lose quality when left in a hot car for even a short time.
10. Have a good time walking around the market, visiting with sellers and shoppers. Take along kids or grandkids and enjoy sharing this experience with them.