

# Celebrate! *A Healthy You*

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

Volume 4, Number 4

April 2004

## Available on the web:

<http://extension.missouri.edu/scharles/nutrition.shtml>

## Inside

Walk & Roll Reminder.....	2
Timely Tips.....	2
Activity Suggestions for April.....	3
Menu of the Month.....	4
Words to Consider.....	4

*Celebrate! A Healthy You* is published monthly. Questions or comments may be directed to:

*Linda S. Rellergert*

Linda S. Rellergert  
Nutrition Specialist  
260 Brown Road  
St. Peters, MO 63376  
Ph: (636)970-3000  
Fax: (636)279-3310  
Email: [rellergertl@missouri.edu](mailto:rellergertl@missouri.edu)

UNIVERSITY OF MISSOURI  
**Extension**

University of Missouri,  
Lincoln University,  
U.S. Department of Agriculture  
& Local Extension Councils  
Cooperating

University Outreach and Extension does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age, disability or status as a Vietnam-era veteran in employment or programs.

## Too Much TV

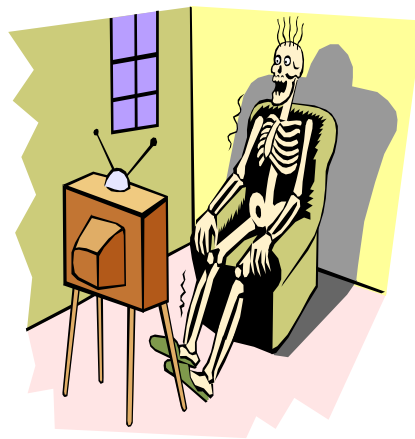
Some of the blame for the rising rates of overweight in this country rests on the amount of time spent watching television. As the amount of TV watched increases, so do the chances of being overweight, having high blood pressure, getting diabetes. Children are also more likely to lack reading skills and to do poorly in school.

How much TV watching is too much? Carolyn Dunn, PhD, Associate Professor and Extension Specialist with North Carolina State University, developed this tongue-in-cheek check list for helping individuals and families determine if their viewing habits are getting out of hand.

You know you are watching too much TV when . . . .

- ✓ The first thing you do when you enter a room is turn on the TV.
- ✓ You eat all your meals in front of the TV.
- ✓ There are as many TVs in your home as people.
- ✓ You're watching a show you don't like when you realize it's a repeat and you didn't like it the FIRST time either.
- ✓ You know the theme songs to all the shows on during prime time.

- ✓ The number of shows you absolutely cannot miss is equal to or greater than the number of days in the week.
- ✓ The clerk at the video store knows you on a first name basis.
- ✓ Your cable goes out and you have the cable company on speed dial.
- ✓ The hall closet is dedicated not to coats and hats but to DVDs, videotapes and video games.
- ✓ The last thing you do at night before closing your eyes is turn off the TV.



## Walk & Roll Reminder

If you haven't joined Walk & Roll yet, please do so. This free walking program was started by the Heart Health and Fitness Task Force of Healthy Communities St. Charles County. The goal is to encourage residents of St. Charles County to be more physically active. The task force hopes residents will together log enough activity to equal 2 million miles in a year's time.

Walk & Roll participants can be any age, any ability, anywhere. Any activity counts towards the total—walking, running, swimming, bowling, pushing a wheelchair—as long as it involves large muscle movement. Each registered participant receives a free booklet with space to keep track of steps, distance or time spent in activity. To register, contact Healthy Communities at 636.947.5083, or Linda at University of Missouri Extension, 636.970.3000.

Pedometers are also available for Walk & Roll participants. These high quality pedometers come with the informative book Pedometer Walking by Robert Sweetgall, easy to follow instructions for calibrating your

pedometer and a Walk & Roll T-shirt—a \$55 value—for only \$25. A second purchase option includes a Walk & Roll T-shirt for just \$7. Participants may choose to register without making either purchase.

If you're already a registered Walk & Roll participant, remember to send in your activity report. Again, there are options for reporting. You may log onto the Healthy Communities website at [www.healthycommunitiescc.org](http://www.healthycommunitiescc.org), click on Programs at the top of the page. Once in Programs, choose the "Heart Health and Fitness" task force from the list on the left side of the page. There you will see the Walk & Roll logo near the top. Just click on that and follow the steps to enter your information. You'll need the code number from the inside front cover of your Walk & Roll booklet.

Or, simply write your monthly totals on a postcard or piece of paper and send it to Healthy Communities, P.O. Box 40, St. Charles, MO 63302. Be sure to include your name, your code number and the month for which you are reporting.



## Timely Tip

*Health advice, like that you see in Celebrate! and other newsletters, often comes packaged in several paragraphs surrounded by an explanation of why this is important. Timely Tip is a new feature offering one healthy habit to try for the month. Research shows it takes about 30 days to develop a new habit. Give yourself the month between each newsletter issue to try the Timely Tip to see if it is for you.*

*Your ideas for Timely Tips are welcome too! Send your suggestions to the address on page 1. We'll send you a copy of Intuitive Eating by Evelyn Tribole and Elyse Resch for each Tip printed in Celebrate!*

### Timely Tip #1 Parking Lot Pointers

Park the car and go inside rather than waiting in the fire lane with the motor running or sitting in the drive thru. Instead of circling the parking lot looking for the closest place to park your car, use the first available spot. When shopping, park in the safest, but most distant spot. At work, add a few extra steps every day by parking one spot farther from the door. Every step you take brings the benefits of improved health.

## Simple Solutions to Too Much TV

- Get the TV out of the bedroom.
- Agree on a media budget for the family. This includes TV, videos, video games and computer use.
- Set clear limits and stick to them. You may want to only allow TV a certain number of minutes on school nights or have a TV-free evening.
- Don't keep the TV on all the time. Tune in for specific shows then turn it off when the program is over.
- Turn the TV off during meals.
- Watch with your children. Discuss the shows they watch and the advertising that they see.
- Make a list of things you want to do other than watch TV.

Involve the children in thinking of things that you can do as a family instead of always watching TV.

Here are a few ideas to get you started:

- Read a book aloud together
- Tell stories about your children when they were younger or about an embarrassing moment in your life.
- Play games that fit your child's skill level from Candyland to Trivial Pursuit.
- Play active games like Hide 'n' Seek, Red Rover, Statues.
- Have a weekly family fun night to go bike riding, bowling, walking.

### Join TV Turnoff Week



Join millions of children and adults around the country in turning off your television the week of April 19 to 25. Take time during this week for reading, physical activity, play and other activities that often get left behind when we develop the TV-watching habit. The week of April 19-25, 2004 is the tenth TV Turnoff Week. This event, promoted by TV-Turnoff Network, a national nonprofit organization that encourages children and adults to watch much less television as a way to promote healthier lives and communities. If you'd like more information, go to [www.tvturnoff.org](http://www.tvturnoff.org).

## Activity suggestions for April



A number of worthy organizations hold walking fund raisers in the spring. Participating in these events is a good way to be physically active while helping to fight an illness or raise awareness.

**MS Walk on Sunday, April 18** at St. Peters City Centre. Registration begins at 11 a.m. at Pavilion R on Mexico Road; the walk starts at noon. Walk three or six miles.

Another **MS Walk** is scheduled for **May 1** at Cuivre River State Park near Troy, Missouri. Registration that day will begin at 10 a.m., with the walk starting at 11. Walkers may choose between a one- and a five-mile route. For more information about either walk, contact Stephanie Greene at 314.781.9020.

The **American Heart Walk** is also scheduled for **May 1**. Registration for this walk will be at the new Lewis & Clark Boathouse beginning at 7:30 a.m. There is a program at 8 a.m. and the walk begins at 9. Contact Jaime Fulkerson at [Jaime.fulkerson@heart.org](mailto:Jaime.fulkerson@heart.org) or at 314.615.6528 for more information.

The **Arthritis Walk** will be held **May 8** at St. Peters City Center Park. Registration begins at 8:00 a.m. and the walk will start at 9:00 a.m. You may choose between a 5K walk and a 1 mile walk. There is no registration fee but participants are encouraged to fundraise \$100 for the Arthritis Foundation. A Walk t-shirt will be given to each person raising \$100 and there are incentive prizes for fundraising above \$100. The event is open to teams (5 or more people) and individuals. Family participation is encouraged.

## Menu of the Month

Making use of leftovers is a time-tested trick for busy cooks. This month's recipe, **Easy Egg Supper** uses leftover rice and hard cooked eggs, making this a good recipe to try a day or two after Easter. If using leftover Easter eggs be sure they have not been left out of the refrigerator longer than the two hour safety limit. Pair this quick casserole with a salad of mixed greens and orange segments and a refreshing glass of milk. Set out a bowl of fresh fruit for a light dessert to balance the hearty casserole.

If Southwest flavors are not to your liking, change the seasonings and cheese to suit your preference. For example, use basil and oregano instead of chili powder and cumin, and switch the Monterey Jack cheese to mozzarella for **Easy Egg Supper—Italian Style**. Think of recipes as just the basic pattern you use to create the flavors you like.

### Easy Egg Supper—Southwest Style

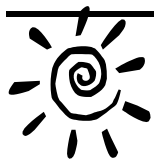
1 tablespoon olive oil or canola oil	½ teaspoon ground cumin
½ cup chopped onion	Cooking spray
¼ cup chopped green pepper	2 cups cooked brown rice
1 clove garlic, minced	8 hard cooked eggs, sliced
14.5 oz. can diced tomatoes	1 cup shredded Monterey Jack cheese
2 teaspoons chili powder	



Saute onion, green pepper and garlic over medium low heat in oil in skillet until vegetables are tender and onion is translucent but not brown. Stir in diced tomatoes, chili powder and ground cumin. Simmer for 10 minutes to blend flavors.

Spray 2-quart casserole with cooking spray. Spread brown rice in bottom of casserole. Arrange egg slices over rice. Top with tomato mixture and cheese. Bake at 350°F for 25 minutes or until heated through. Or, heat in microwave for 7-10 minutes, turning once, until hot.

Makes 4 servings. Nutrition information per serving: 431 calories, 23.4g protein, 23.8g fat, 31g carbohydrates, 476mg sodium.



### Words to Consider

"It is not enough to have a good mind; the main thing is to use it well."  
- Rene Descartes

"Rain is grace; rain is the sky condescending to the earth; without rain, there would be no life." – John Updike

"Nobody can be in good health if he does not have fresh air, sunshine, and good water." – Flying Hawk, Oglala Sioux Chief

"Time is a very precious gift—so precious that it is only given to us moment by moment." – Amelia Barr

**Celebrate!** is a free monthly newsletter provided by St. Charles County Extension Council. It is available in print or on the web. Articles may be reprinted for educational purposes only. Please credit Celebrate! A Healthy You, University of Missouri Outreach and Extension. **To subscribe**, contact Linda Rellergert by phone, fax or email. Contact information appears on page 1.

