

# Celebrate! *A Healthy You*

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

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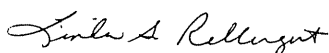
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## Make Family Meals A Priority This Year

Eating meals together as a family has many advantages, according to nutrition and child development experts. Family meals provide nourishment for the mind and spirit as well as the body.



Families that eat together develop closer relationships because they spend time together in a relaxed atmosphere. Sitting together on a regular basis over a meal gives children and parents time to hear about the day's events, friends, school and work. Mealtime is an excellent opportunity for parents to teach and reinforce values and social skills their children will need the rest of their lives.

People who eat with others also tend to have more nutritious diets, consuming more fruits and vegetables, as well as a wider variety of foods. In addition, teens and youth who eat with family members are less likely to develop eating disorders, abuse drugs and alcohol, smoke and have better grades than teens who do not.

Today, some families may have forgotten how important it is to sit down together for meals. Perhaps it is a matter of priorities. As Ralph Keyes, author of TIMELOCK—

How Life Got So Hectic and What You Can Do About It, writes

"Reducing the volume of our activities makes it possible not only to ease time pressure but to get more out of life overall."

As a single, employed parent of two active children, I find family mealtimes a much-needed respite from the rest of the day's too often frantic pace. Here are some strategies gleaned from experts and refined through experience.

- Reduce expectations; meals should be tasty, but need not be gourmet. Save the fancy fare for days that are more leisurely.
- Serve simple meals that feature a main dish which combines protein food with vegetables. Add bread and fruit for dessert.
- Plan ahead so you have on hand foods to prepare at least two or three quick meals that you know your family will eat.
- Keep your pantry, refrigerator and freezer stocked with some quick-to-fix staples such as pasta, canned tuna and chicken, canned soups, canned and frozen fruits, vegetables and sauces, biscuit mix, chopped garlic and onion, and grated cheese.

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- Use deli and prepared foods as the basis for eat at home meals. For example, a bag of salad, loaf of crusty bread and a roast chicken make a lovely meal. Picking these foods up at the grocery store may take less time and cost less than waiting in line for fast food.
- Recruit help in the kitchen. Teaching youngsters how to cook encourages their feelings of self-worth and independence, and provides a great opportunity for them to share their thoughts and feelings with you. And, it's fun!
- Cook in quantity when you have the time. Plan to use the surplus in a few days, or freeze for longer storage. For example, cook a beef roast on Sunday, then set aside slices for roast beef sandwiches for Tuesday and strips to add to stir fried vegetables on Thursday.
- Make mealtime a pleasant experience for all. Save discussions of homework or discipline issues for other times. If spills occur, ask the child in a calm, matter-of-fact tone to help you clean up rather than getting upset.
- Use mealtimes to teach basic table manners, keeping children's age and abilities in mind.
- Do not demand that children clean their plates as this leads to overeating. However, do not let children refuse to eat their meal then expect a snack a short time later. Excuse young children from the table once they have finished eating, with the understanding that once they leave the table, the meal is over for them. Do not serve them additional food until your next regular meal or snack.
- Relax and enjoy this opportunity as a family to share your day and to strengthen family bonds.

## **Celebrate! Survey**

Please tell us what you think. A survey is included with this issue of Celebrate! A Healthy You to help us determine the usefulness of the newsletter to its readers. If you like what you read in it, we'd appreciate knowing. If there are some changes you'd like to see in the newsletter, we'd like to know that as well. Your comments and suggestions guide the selection of topics and features of the newsletter, so please take a minute to complete the survey and mail it back. Your thoughts are welcome at any time, whether you want to drop us a note, or call Linda Rellergert at the number on page one.



## **Timely Tip #22**

Increase your chances of success with your New Year's resolutions by following this month's Timely Tips

- Don't try to do everything at once. Set one or two specific, realistic nutrition or physical activity goals and you are more likely to stick to them.
- Focus on taking small, gradual steps. For example, increase your walking by taking 10% more steps per day. So, if you usually walk 2,000 steps that would be a 200 step increase. Once you are comfortable and accustomed to reaching 2,200 steps on your pedometer, add another 10% or 220 steps. You will be surprised to find how quickly and successfully you can improve when you take it one step at a time.
- Write down your goals. Research shows this increases your chance of success. Keep your goal statement where you will see it often so you don't forget when the first flush of enthusiasm wanes.
- Keep a journal or chart to log your progress toward your goal. A line or bar graph can be powerful visual encouragement to keep going.
- Reward yourself when you reach milestones on your way toward goals. Go to a movie or a ballgame, take a bubble bath, buy a favorite magazine, give yourself a star. Choose rewards that please you and that don't undermine your efforts toward your goal.

## Health Centered Principles to Guide the New Year

The beginning of the year is a time of reflection for many people. The health centered principles of the Health at Every Size Movement encourage a lifestyle focused on health rather than weight. Let these principles adapted from WIN Wyoming (Wellness IN Wyoming) guide you to a healthier lifestyle in the coming year.

### 1. Respect for Body Size Diversity

- Celebrate that humans come in a variety of sizes and shapes.
- Value every body, whatever size or shape.
- Accept there is no ideal size, shape or weight.
- Recognize that all people can benefit from a healthy lifestyle.
- Help people feel good about their body and who they are.

- Recognize that each person is responsible for taking care of their own body.

### 2. Active Living

- Enjoy and value physical activities.
- Participate in activities for the joy of feeling your body move.
- Play every day.



### 3. Pleasurable and Healthful Eating

- Honor the gift of food.
- Take pleasure in eating.

- Follow healthful eating guidelines like MyPyramid.
- Take control of your eating. Listen to hunger and satiety cues.

### 4. Positive self-Image

- Accept that healthy bodies come in a range of ages, shapes and sizes
- Identify your strengths and abilities. Build on your assets.

Learn more about these principles through the **New You: Health for Every Body** class. See the enclosed brochure for details. Sign up today!

## Activity Suggestion for January

### Dress for Success



Staying active even in cold weather is vital for good health, and can even be pleasurable if one dresses properly. Successful cold weather garb includes these essentials:

Start with your head. A warm hat is essential for maintaining your body temperature. Make it one that is comfortable, and that stays on your head even when the wind blows.



Warm gloves add greatly to comfort, and help prevent sore, chapped hands. Use mittens when temperatures get really frigid. Likewise, keep feet warm and dry in wool-blend socks and insulated boots for snowy fun.



Layers are important for holding in body heat, and enable you to regulate body temperature by taking off layers as you warm up. Garments that make good layers include long underwear, tights or leggings, long sleeved T-shirt, turtleneck tops and sweaters, vest and coat or jacket.



Fabrics can make a big difference in comfort. Fleece is very warm yet light in weight. Microfiber and silk garments can be much warmer than heavy cottons. Nylon is an effective wind block. Waterproof finishes are a must for snow activities.

## Menu of the Month

Warming soups are perfect for January. Most are loaded with healthful vegetables so they fit well into New Year's pledges to eat better. Soups are also generally inexpensive, a true plus for a month when the bank account may need a little breather. And, perhaps best of all, a steaming bowl of soup warms us from the inside out, perfect for cold winter weather.

**Tuscan Bean Soup** is just right for January. Protein-rich beans are a great source of fiber and some calcium as well. The tomatoes contribute vitamins A and C and a lovely color accent. Low sodium, low fat chicken broth helps the soup meet sodium and fat guidelines. Finally, this soup is fast and easy to prepare, and costs just pennies per bowl. Serve the soup with a winter salad of red leaf lettuce, orange segments, toasted walnuts and sweet-sour dressing. A pan of cornbread just out of the oven makes a nice accompaniment along with a glass of cold milk for a refreshing contrast.

### Tuscan Bean Soup

1 tablespoon olive oil  
 ½ cup chopped onion  
 ½ cup chopped celery  
 ½ cup diced carrots  
 1 to 2 cloves garlic, minced  
 14.5 oz can diced tomatoes  
 2 14.5 oz. cans white beans, drained and rinsed  
 4 cups low fat, low sodium chicken or vegetable broth  
 1 teaspoon dried basil  
 ½ teaspoon dried thyme  
 ¼ teaspoon pepper



Heat olive oil in 3-quart saucepan or dutch oven. Sauté onion, celery, carrots and garlic in oil until onion becomes translucent. Add tomatoes, beans, broth, basil, thyme and pepper and bring to a boil. Reduce heat and cook gently for 15 to 20 minutes to blend flavors.

Makes 4 generous servings. Nutrition information per serving: 326 calories, 18g protein, 52g carbohydrate, 7.7g fiber, 6.3g fat, 553 U.I. Vitamin A, 674mg sodium, 193mg calcium.



### Words to Consider

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."

—Jim Rohn

"Every person has free choice. Free to obey or disobey the Natural Laws. Your choice determines the consequences. Nobody ever did, or ever will, escape the consequences of his choices." —Alfred A. Montapert

"If you're climbing the ladder of life, you go rung by rung, one step at a time. Don't look too far up, set your goals high but take one step at a time. Sometimes you don't think you're progressing until you step back and see how high you've really gone." —Donny Osmond

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