

Healthy Living starts now!



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Inside this issue:

Fit Tip: Fitness for Busy People 1,3

Nutrition Note: Surviving Feasting Season 1,2

UCLA Brings You 3

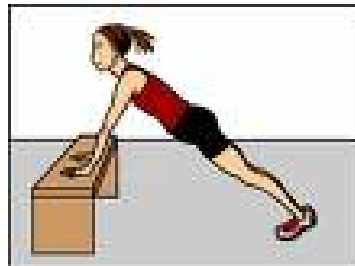
NFSC Spotlight on Wellness: Rosemont 3

Local Activities 4

Healthy Recipes 4

Fit Tip: Fitness for Busy People

The demands of work, family, and other obligations often make exercise seem like a luxury, but it can actually give us **more** energy to deal with the stress of every day life. Here are some tips for fitting fitness into busy schedules:



Exercise at Your Desk, at Home, or on the Road

You don't have to be at a gym to exercise. Performing a couple sets of bodyweight exercises wherever you are is a great way to fit activity into your daily schedule and give yourself an energy boost.

Buttock Firmer: Stand with your knees slightly bent. Tighten your buttocks and hold in your stomach. Pick up your left foot and move your leg out behind you about 2 inches. Count to 5. Relax and repeat

Desk pushups are a great way to get an energy boost during the work day.

8-12 times.

Desk Pushups: Stand at an angle with your hands on your desk, arms straight, shoulder-width apart. Keep your feet together with your weight on your toes, far enough from the edge of your desk so that you can keep your back straight for the entire pushup. Slowly bend your elbows and drop your body toward your desk. Pause and then push through your

hands until your arms are straight again. That is one complete push up. Work up over a period of weeks until you can complete 10-15 reps.

Wall Squats: Stand with your back against a wall. Place your feet far enough away from the wall so that you can lower yourself about 6 inches (advanced: lower yourself into a seated position; keep knees above ankles, not beyond) and hold for 30 seconds before pushing back up to a standing position again. Repeat 3 times.

Bicep Curls: Stand with your feet hip-width apart, arms at your sides. Hold a heavy item (e.g. soup can or text book) in each hand. Keeping your elbows close to your body, bend your arms and lift the items towards your shoulders. Slowly lower

Continued pg 3

Nutrition Note: Surviving Feasting Season

Summarized from article by Dulce Zamora, WebMD Weight Loss Clinic. Published Friday, Sept 29, 2006. Reviewed By Louise Chang, MD

Feasting season is here - that seemingly endless time of temptation that starts with Halloween candy and continues with Thanksgiving stuffing and pies, merry-making treats, then New Year's toasts. Beyond Jan. 1, there are Super Bowl chips and dips and Valentine's Day chocolates to contend with.

"We have four months of constant feasting," says Roger A. Clemens, DrPH, food science

expert for the Institute of Food Technologists. "If we do feast, as many people do, without control, then we set ourselves up for bad patterns, ill health, and weight gain."

And then there's exercise. Most Americans do not engage in vigorous, leisure-time physical activity. Add in the time demands of the holidays, and you have a recipe for even more inactivity.

How can we keep from overeating and

under-exercising during the Halloween-through-Valentine's Day season?

First, it's important to understand why it's so hard to keep up healthful habits this time of year.

Dietary Downfalls

Food-focused celebrations. On special occasions, such as holidays, the availability and quantity of social fare increases - raising the temptation to overindulge.

Continued pg 2

"We need to instill in our social events that **balance, moderation, and variety are key to better health,**" Clemens says.

Surviving Feasting Season (cont)

Exhaustion. The demands of fall/winter festivities can leave people feeling sluggish and sleep-deprived. And when people are tired, they're more likely to overeat, says Amy Schmid, MA, RD, program director of nutrition communication for the Dairy Council of Nebraska.

Emotional eating. Schmid says some people use food to soothe sadness, anxiety, dissatisfaction, or loss. Others simply use any celebration as an excuse to overindulge, says Janet R. Laubgross, PhD, a clinical psychologist specializing in weight management in Fairfax, Va.

The same factors that contribute to overeating can also lead to physical inactivity.

3 Keys to Survival

Practice Awareness

- Be conscious of what you eat and how much, says Karmeen Kulkarni, MS, RD, BC-ADM, CDE, president of health care and education for the American Diabetes Association. Allow yourself some special treats but have moderate servings. When there's a lot of food available, try an appetizer-sized helping of each dish.
- "'Tis the season to be realistic," says Schmid; she recommends trying to maintain weight instead of lose it.
- Keep it all in perspective: "Allow [some treats] for the special days, but then get back into your healthy routine the next day," says Bethany Thayer, RD, a spokeswoman

for the American Dietetic Association.

- Always look for opportunities to move, says Cedric Bryant, PhD, chief exercise physiologist for the American Council on Exercise. Take a brisk walk whenever you get a few minutes; stand up and move around while you're on the phone call; and walk to a co-worker's desk instead of emailing him or her.

Manage Stress and Emotions

- If you're sad about a loss, turn to people for comfort instead of food.
- At social events, don't fill silence with food. Instead, make an effort to really get to know people, beyond superficial small talk: "When we do that, we actually have the tendency to eat less," says Clemens.
- Make sure exercise, a great stress reliever, remains a priority.

Plan in Advance

- Eat a little before you go to a holiday gathering; hunger can undo the best intentions.
- Avoid sources of temptation, says Thayer. After visiting a buffet, leave the room. If you're given unhealthy food as a gift, bring it to the office to share.
- Schedule a brisk walk or hike after a holiday party or meal. "Five minutes of exercise is better than 20 minutes of nothing," says Schmid.

The Bottom Line

The bottom line, the experts say, is to try to maintain a healthy lifestyle both in and outside of the fall/winter feasting season. Constant weight gains and losses can be harmful to your health and your psyche.

Keep in mind that celebrations are really about family and friends - not food.

"We need to instill in our social events that balance, moderation, and variety are key to better health," Clemens says.

Full article available at:
<http://www.webmd.com/content/Article/114/111390.htm>

"Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health." ~ Julia Child

UCLA Brings You

Raffle for \$25 Gift Certificates to Lakeshore Learning

The first 10 people who correctly answer the following question from the Sept/Oct newsletter will have their names entered into a raffle for a \$25 Lakeshore Learning gift certificate. Three certificates will be given away.

Question: From the Sept/Oct 2006 newsletter, what are 4

types of exercise considered to be "bone healthy?"

Email: soniaannkim@ucla.edu or call: 310-267-2946. In addition to the answer, leave your name, contact information, and school.

Health Talks

Let's face it, many of us are confused by all the conflicting messages and advertisements about nutrition and exercise. To help you sort through all the

mixed messages, UCLA will offer a series of health talks at your school. The first talk "**ENDING THE NUTRITION CONFUSION**" focuses on the new Dietary Guidelines and Food Guide Pyramid. The second talk, "**HOW MUCH ARE YOU REALLY EATING?**" focuses on portion sizes, and what's often called "portion distortion. To arrange a talk at your school, ask your Wellness Committee to contact Sonia Kim, 310-267-2946.

Three \$25 gift certificates will be given away.

NFSC Spotlight on Wellness: Rosemont Elementary

"There's a whole lotta slimming going on at Rosemont," according to Assistant Principal, Barbara Cruse. What's their secret? **Variety**. For those who want to get in shape, the Wellness Committee offers Yoga and Pilates. These two disciplines provide opportunities for Rosemont staff to reduce stress, and strengthen and tone their muscles. For people who want to lose weight, the Wellness Committee is

sponsoring Weight Watchers at the school. This successful program has 23 participants, including teachers, the Principal, office staff, the School Nurse, and the School Psychologist. Diana Hamilton, the chair of the Wellness Committee, says that the morale of the staff has gone up tremendously since the Wellness Program started. Staff members feel better about themselves are more supportive of one another.

But the demand for Wellness has not been quenched. The Committee is planning to add a Salsa class once a week at 5pm, and they are hosting a Healthy Lunch and a Health Talk by UCLA in early December. Ms. Cruse hopes that Worksite Wellness will remain a part of Rosemont's school culture.



Over the summer, 8 Rosemont and 1 Montara staff members, participated in an intense, 4 week Boot Camp, sponsored by UCLA. Gloria and Angel (above) Tracy and Jada (below)

Fitness for Busy People (cont)

your arms back to the starting position. Be sure not to lock your elbows as you lower and extend your arms. Repeat 8-12 times.

Desk Dips: Stand with your back to a desk or counter (make sure it can support your weight). Place your hands palms down on the edge. Using the muscles in your arms, slowly lower yourself straight down as far as is comfortable. Count to 5. Press yourself back up until your arms are straight (but not locked). Repeat 8-12 times.

Lunch time: Walk for 20 minutes, and you should still have time to eat. [Find a work buddy to go with you.](#) This is one of the "secrets" to exercise consistency and many successful weight loss programs.

Park Farther Away from the entrance to the grocery store, mall, or work. Let's say it takes you 7 min to get from your car to your desk. At the end of the day you will have to walk back to your car - another 7 min. If you walk 20 min during lunch, you'll have tallied up 34 min of

exercise. If you walk a 17 min mile, you can cover 2 mi in those 34 min, which amounts to burning about 200 calories (general rule of thumb is 100 calories burned per mile).

Tips modified from:
"Fitting Fitness In" by Michael Roussell, in Shape Up America! Newsletter, Oct 2006
"Exercise for Busy People" by Blue Cross of California



A journey of a thousand miles must begin with a single step. ~ Chinese proverb

Nutrition Friendly Schools and Communities

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Exercise:

2nd Annual "Run for Her" 5K Run & 3K Friendship Walk

to raise awareness for ovarian cancer.
Sun, Nov 12, 7:30am at Cedars-Sinai Medical Center - 8700 Beverly Boulevard, Los Angeles.
Registration: \$40.
Website: <http://www.runforher.com>
Information: International City Racing. (562) 728-8829, ext. 5; info@runforher.com

Pasadena Turkey Trot 5k & 10k Run/Walk at The Rose Bowl

to benefit the

Local Activities

Health Fairs / Education:

Silver Lake Recreation Center's Health and Resource Fair - Sun, Nov 12, 11am-4pm.

Information about health and community resources for adults and seniors. Free Flu Shots for the first 50 people over 50!! **Location:** 1850 West Silver Lake Dr Los Angeles 90026. Free parking and free shuttle service. Price: Free. Information: 323-644-3946.

Feria Hispana Del Hogar - Sat, Nov 11, noon-10pm, Sun, Nov 12, noon-10pm.

This Hispanic festival of the home will feature exhibits on education, health and community resources plus live music and other attractions.

Location: Panorama City Area, Los Angeles; Van Nuys Boulevard and Chase Street

Price: Free. Information: 818-734-2744

Pasadena Ronald McDonald House.
Sat, Nov 18, 8am. The Rose Bowl 1001 Rose Bowl Drive, Pasadena, 91101. Free Parking in Lot F.

Registration: Advance \$25; Day of \$30.
Website: www.segevents.net
Information: Christinne Gonzales, christinne@segevents.net

Pasadena Vintage Lightweight Ride

Sun, Dec 5, 10:30am (FIRST Sun of every month). The Rose Bowl 1001 Rose Bowl Drive, Pasadena, 91101.

Meet at the pool/picnic area parking lot at the south end of the park. Ride will be casual-paced, 25 miles long through Pasadena, South Pasadena, San Marino, Temple City, Arcadia, Sierra Madre, Altadena, and back to the Rose Bowl for a picnic. Mostly flat with one moderate climb.

For more events, visit:

www.calendarlive.com/family/
www.raceplace.com/crunla.shtml
<http://bikeboom.com/webcalendar/month.php>

Healthy Recipes: Chocolate Chip Pumpkin Bread Pumpkin Dip



2 cups sugar
2 cups canned pumpkin
1/2 cup canola oil
1/2 cup fat-free vanilla pudding
4 large egg whites
3 cups all-purpose flour
2 teaspoons ground cinnamon
1 1/4 teaspoons salt
1 teaspoon baking soda
1 cup semisweet chocolate chips
Cooking spray
Preheat oven to 350°.

Combine first 5 ingredients in a large bowl, stirring well with a whisk. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cinnamon, salt, and baking soda in a medium bowl, stirring well with a whisk. Add flour mixture to pumpkin mixture, stirring just until moist. Stir in chocolate chips.

Spoon batter into 2 (8 x 4-inch) loaf pans coated with cooking spray. Bake at 350° for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pans on a wire rack, and remove from pans. Cool completely on wire rack.

Yield: 2 loaves, 32 servings (serving size: 1 slice)

NUTRITION PER SERVING

Calories 152 (30% from fat)
Fat 5g (sat 1.2g, mono 2.5g, poly 1.1g);
Protein 2g; Cholesterol 0.0mg;
Calcium 10mg; Sodium 137mg;
Fiber 1.1g; Iron 1mg;
Carbohydrate 26.5g

Cooking Light, DECEMBER 2004

For more recipes: <http://www.cookinglight.com>

3/4 cup (6 ounces) 1/3-less-fat cream cheese

1/2 cup packed brown sugar
1/2 cup canned pumpkin
2 teaspoons maple syrup
1/2 teaspoon ground cinnamon
24 apple slices

Place first 3 ingredients in a medium bowl, and beat with a mixer at medium speed until well blended. Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes. Serve with apples.

Yield: 12 servings

(serving size: 2 tablespoons dip and 2 apple slices)

NUTRITION PER SERVING

Calories 107(27% from fat);
Fat 3.2g (sat 2g, mono 0.9g, poly 0.1g);
Protein 2g; Cholesterol 10mg;
Calcium 35mg; Sodium 87mg;
Fiber 1.4g; Iron 1mg;
Carbohydrate 18.3g

Cooking Light, OCTOBER 2003