

# Healthy Living starts now!



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Nutrition Friendly Schools and Communities Worksite Wellness Update

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## Fit Tip: Keep your New Year's Fitness Resolutions

New Year's resolution time is here and getting more exercise usually tops the list of resolutions.

On January 1st you might have had the best of intentions to get outside and walk more, to join a dance group, to get back to the fitness club, or to begin a new exercise program. But like many Americans you may quickly lose momentum and slip back into old habits. So how can you keep those well-intentioned resolutions?

Marcia Ory, PhD, who directs the *Active for Life*® program at the Texas A&M Health Science Center School of Rural Public Health suggests a simple formula to help you with your physical activity goals. "Think **START**," she advises.



### Think **START**

Be **S**pecific, schedule **T**ime, **A**llow flexibility, **R**eward yourself, and **T**rack your progress.

"Be **S**pecific about what you plan to do. People are apt to say they will 'exercise more.' But they are more likely to be successful when they are specific about exactly what they plan to do." Examples of specific goals might be to walk for 30 minutes four days each week, to jog or bicycle a set distance or amount of time, or

when joining a fitness center being clear on exactly what activities will be done.

"Schedule the **T**ime for your activity," says Dr. Ory. If you decide to walk four days each week, decide which days you will walk, and at what time.

Write it on your to-do list and keep it somewhere you are sure to see.

"**A**llow yourself flexibility when you don't meet the goals you have set. But don't let this be a reason to abandon your commitment to be active," is her next point of advice. If you miss a day or even a week of your exercise program, recharge yourself and start again. Work, illness, bad weather, vacations, and personal emergencies are

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## Congratulations to the \$25 gift certificate winners!

The NFSC WW staff would like to congratulate Irene Barron and Catalina Munguia from Griffin Elementary School for winning the raffle for the \$25 gift certificates to Lakeshore Learning. They were able to name 4 "bone healthy" exercises, which include weight bearing

exercises such as walking, jogging, lifting light weights, resistance exercises using machines or a band, stair climbing, and cross-country skiing.

To learn more about exercise and bone health, see the Sept/Oct 2006 issue of this newsletter. To obtain a copy,

see your Wellness Committee, or contact Sonia Kim: [soniaannkim@ucla.edu](mailto:soniaannkim@ucla.edu); 310-267-2946.

**See page 3 of this issue to find the question for the next raffle.**

*"You have the time and energy to do what you really want to do and it's never too late to get started...so no more excuses...just do it!" ~ Frankie Cox, R.D., Health and Wellness Center*

## Keep your New Year's Fitness Resolutions (cont)

examples of things that can temporarily get in the way of activity. But do not let them have a long-term impact on your activity. "In the long run, taking just 30 minutes a day to be physically active can pay back in dividends of increased energy, mental clarity and better health," says Dr. Ory.

"**Reward** yourself for being active," is Dr. Ory's next suggestion. Set measurable goals, and when you reach a goal, reward yourself. "For example, if you have been sedentary for a long time, one of your first goals might be to walk for 15 minutes at a time. Once you achieve this, you can reset your goal to walk for 20 minutes at a time, and gradually get to 30 minutes a day. The rewards you give yourself should be special to you. For example, setting

aside time to visit a friend, or treating yourself to a new nail polish, a fancy bar of soap, or a new tool or gadget."

"**Track** your progress," is her final suggestion. "You'll be amazed at what you will be able to do in six months or a year from now. Use a simple system, such as a notebook, to write down your daily activities – what you do, how much time you spend, and how you felt before and after the activity. You will be amazed by the progress you will see in your strength and endurance."

**See the attached sample physical activity tracking form.**

*If you have a chronic disease, including a heart condition, arthritis, diabetes, or high blood pressure, talk to your doctor before*

*beginning a new physical activity program. If you have symptoms that could be due to a chronic disease, have these symptoms evaluated. Symptoms of particular importance include chest pain (especially chest pain that is brought on by exertion), loss of balance (especially loss of balance leading to a fall), dizziness, and passing out (loss of consciousness).*

Modified from: AFL 2007 NY Resolution Release, Dec 12, 2006; available at: [www.activeforlife.info](http://www.activeforlife.info) and

*Physical Activity for Everyone: Getting Started: When is a medical evaluation necessary?* available at: [http://www.cdc.gov/nccdphp/dnpa/physical/starting/medical\\_evaluation.htm](http://www.cdc.gov/nccdphp/dnpa/physical/starting/medical_evaluation.htm)

## Nutrition Note: Portion Distortion

By Nanci Hellmich, USA TODAY

Call it the supersizing of Americans. As portions have grown larger over the past 40 years, so have people in the USA, says Lisa Young, a nutrition researcher at New York University who has studied the trend she calls "portion creep."

Studies show that the more food put in front of people, the more they eat. And since the 1960s, the serving sizes of foods sold in stores and restaurants — from candy bars to burgers and sodas — have become much bigger, Young says.

"Americans have grown proportionally to increased portion sizes," Young says.

### 20 Years Ago



2.4 ounces

210 calories

Others agree with Young's premise. "Portion distortion is a major contributor to many expanding waistlines," the American Heart Association reports in its new book, *The No-Fad Diet*.

About 65% of Americans are overweight or obese today, compared with 47% in the early 1970s. Some of Young's examples of the perils of

### Today



6.9 ounces

610 calories

portion size:

- One cup of pasta has almost 200 calories, which used to be a typical restaurant serving. Now some restaurants serve three cups of pasta for an entree, racking up nearly 600 calories without sauce, she says.
- Bagels used to be 2 to 3

ounces, or about 200 calories. Today they're 5 to 6 ounces, which is more than 400 calories, depending on the type.

- "People have no idea that a 5-ounce bagel is equal to five pieces of bread or 15 cups of popcorn," Young says. For people who consume about 1,600 calories a day, a 5-ounce bagel would be the five servings of breads/grains that they should eat for the entire day, she says.
- A half-ounce cookie is about 50 or 60 calories, depending on the type. But some jumbo cookies are now 4 ounces, about the diameter of a CD, and pack in as many as 400 to 500 calories. "That means an oatmeal cookie is more like an oat

## UCLA Brings You

### Raffle for \$25 Gift Certificates to Lakeshore Learning

The first 10 people who correctly answer the following question from this newsletter will have their names entered into a raffle for a \$25 Lakeshore Learning gift certificate. Five certificates will be given away, **but only if at least 10 people respond**. So tell your colleagues to read and respond!

**Question:** From the Jan/Feb 2007 newsletter, what are 3 strategies to control portion

sizes of food?

Email: [soniaannkim@ucla.edu](mailto:soniaannkim@ucla.edu)  
Call: 310-267-2946. Leave your answer, name, contact information, and school.

### Nutrition Talks

To help you sort through confusing nutrition messages, UCLA is offering a series of health talks at your school. The second talk in the series, **"How much are you really eating?"** focuses on portion sizes, and what's called "portion distortion." To arrange a talk at your school, ask your Wellness Committee

to contact Sonia Kim, 310-267-2946.

### Big Prizes

The UCLA school competition is in full swing, and ends April 30, 2007. The winning school will receive a prize — for example, exercise equipment, exercise classes — worth up to **\$2,500**. One staff member out of the 8 schools will receive his/her choice of a gym membership or a fitness or cooking class series, worth up to **\$500**. Talk to your Wellness Committee for details on how to win.

**Five \$25 gift certificates will be given away, but only if at least 10 people respond.**

## Portion Distortion (cont)

meal," Young says.

Rather than cutting carbs, fats or proteins, Young says Americans should "smartsize" their portions. She recommends using visual images to become aware of how much you're eating. For instance, a 3-ounce serving of meat is the size of your palm or a deck of cards.

Young says that once you get into the habit of monitoring your portions, it becomes second nature.

"Don't buy into the (idea) that what the restaurant is serving you is an appropriate amount of food to eat," Young says. It's possible that you're getting three to four servings of meat at one meal, she adds.

The Heart Association's *No-Fad Diet* book suggests cutting portion sizes by 25%. This technique is called "the 75% solution," and the Heart

Association says it could be a way to cut 500 or more calories a day from your diet.

But there is no need to go hungry. You can increase the portions of some food, such as produce, says Keith Ayoob, an associate professor of pediatrics at Albert Einstein College of Medicine in New York and co-author of the upcoming book *The Uncle Sam Diet*, which is based on the new federal dietary guidelines.

You can eat lots of broccoli, green beans, deep-green lettuce, peppers, carrots, apple slices and strawberries without eating too many calories, Ayoob says. Most people do not eat enough fruits and vegetables to meet the dietary guidelines, he says.

### Ideas for Portion Control

- Use smaller bowls, plates, and glasses.

- Don't eat out of the bag or box. Set apart how much of something you will eat and don't go back for more.
- Don't serve buffet style - set out one plate with the proper portion already dished up.
- When eating out, share an entrée with a friend.
- Share a dessert instead of getting your own.

More tips and resources about portion control will be given at UCLA's Nutrition Talk: "How much are you really eating?"

Article modified from: *Portion Distortion*, USA Today; posted 6/21/2005; updated 6/22/2005; available at: [http://www.usatoday.com/news/health/2005-06-21-portion-usat\\_x.htm](http://www.usatoday.com/news/health/2005-06-21-portion-usat_x.htm)

Portion control ideas from: *Check Your Health*, Volume VI; available at: <http://www.checkyourhealth.org/newsletters/portionsnewsletter.pdf>

## 20 Years Ago



5 cups

**270 calories**

Today



11 cups

**630 calories**

## Nutrition Friendly Schools and Communities

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### For more events:

- [www.calendarlive.com/family](http://www.calendarlive.com/family)
- [www.raceplace.com/crunla.shtml](http://www.raceplace.com/crunla.shtml)
- <http://bikeboom.com/webcalendar/month.php>

## Local Activities

### L.A. Kings Downtown on Ice — daily, through Sunday, Jan 15, 2007

Holiday outdoor ice skating returns to downtown. Also concerts, films, youth hockey clinics, children's activities, holiday festivities and other additional attractions are scheduled.  
Price: \$6 per one-hour skating session; \$2 skate rental.

Information: 213-847-4970; Website: [www.laparks.org/pershingsquare](http://www.laparks.org/pershingsquare)

### 2nd Annual Kids on the Run! 5K, 10K, and Kids Fun Runs to benefit Childrens Hospital Los Angeles.

Sunday, Jan 28, 2007, 9am

Scenic Griffith Park, 4730 Crystal Springs Dr Los Angeles, CA 90027

Gorgeous route, **free child health and fitness fair**, fun family activities, sensational child performances, great artistic T-shirt. Fantastic prizes for fundraisers including 1-week Maui vacation. 100% proceeds to Childrens Hospital Los Angeles.

Information: Jennifer Sluder [kotr@chla.usc.edu](mailto:kotr@chla.usc.edu); Website: [www.kidsontherun.net](http://www.kidsontherun.net)

### FREE Training 5K, 10K training

Every Sunday at 9am (from now until the race on 1/28/07)

Ranger's Station on Crystal Springs Drive, Griffith Park

No experience? No problem! Start your 5K, 10K training now with FREE training runs in Griffith Park by Generic Events.

Information: Luis Canales [luis@genericevents.com](mailto:luis@genericevents.com)

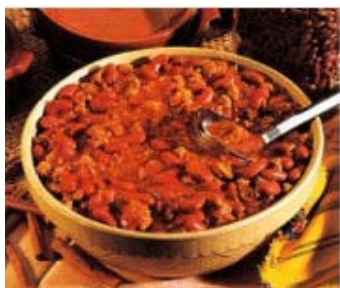
### 29th Annual Los Angeles Chinatown Firecracker 5K Run/5K Walk, 10K Run, & Kiddie Run (Celebrating the Year of the Pig)

Sunday, February 11, 2007, 8am

Course runs through challenging hills of Elysian Park around Dodger Stadium in Los Angeles. Experience the scenic vistas of downtown L.A. during the run & New Years cultural events, shops, art galleries & fine dining in Chinatown.

Information: 323-256-1363; [firecracker10k@gmail.com](mailto:firecracker10k@gmail.com); Website: [www.firecracker10k.org](http://www.firecracker10k.org)

## Healthy Recipe: Turkey Chili



### Meal idea

Top with 1 Tbsp reduced fat sour cream and 2 Tbsp lowfat fat shredded cheddar cheese.

(sour cream adds 30 calories and 2.3 g of fat; cheese adds 50 calories and 2 g of fat)

### Ingredients:

1 Tbsp. olive oil  
1 cup chopped sweet onions  
1 Tbsp. minced garlic  
¼ cup chopped yellow bell peppers  
1 lb. ground turkey  
1 28-oz. can crushed organic tomatoes, undrained  
1 16-oz. can red kidney beans, drained and rinsed  
1 Tbsp. chill powder  
1 Tbsp. sugar  
2 cups low-sodium chicken stock  
½ tsp. garlic powder  
1 tsp. Tabasco sauce  
1½ tsp. sea salt

1 tsp. dried basil

½ tsp. dried oregano

### Directions:

In a large skillet, sauté onions, garlic and bell peppers in olive oil over medium heat until onions are translucent.

Add ground turkey and cook until browned.

Add remaining ingredients and stir well to combine.

Reduce heat to low and simmer for 1 hour, stirring occasionally.

**Yield: 5 servings (serving size: 1 cup)**

### Nutrition per serving:

280 calories, 27 grams carbohydrate, 4 grams fat, 73 milligrams cholesterol, 33 grams protein, 395 milligrams sodium, 8 grams fiber

Source: Sept issue of *Shape Up America! Newsletter*, available at: [http://www.shapeup.org/about/news\\_arch.php](http://www.shapeup.org/about/news_arch.php)

Recipe originally from: *The LPGA Cooks with Canyon Ranch, LPGA and Canyon Ranch, 2006.*