

## Healthy Habits in 2008

Every now and then we have an opportunity to start over. As a matter of fact, that new start happens every 365 days on New Year's Day. It's a great time to start over and commit (or re-commit) to change or improve various aspects of your life. Many people will make New Year's resolutions to improve their physical, emotional, spiritual or financial well being. This year, make a commitment to improve the health of your entire family.

Making a commitment to improve your family's health requires all your family members to enlist in the changes. Change is easier to manage when all family members agree on the same goal. It's a good idea to have a family meeting where everyone can discuss and agree on the new plan. Focus on only one or two changes so as not to overwhelm everyone, and make the change something that is realistic and doable for the whole family. Don't set resolutions that you know are unrealistic, as those are the ones that don't last past January. Use your imagination and think up healthy ways to improve your family's health in 2008.

Listed below are some ideas of fresh starts for you and your family. Remember to keep a positive attitude towards your choice of changes, and have fun working together as a family.

### Changes to Make in 2008

- Everyone eats breakfast every day.
- Drink water or milk instead of pop or sugared drinks at meals.
- Eat at least one fruit or vegetable at every meal.
- Eat at least one meal per day together at the family table.
- Eat fruits or raw veggies as snacks instead of cookies or chips.
- If you have dessert every night, cut back to every other night and have fruit the rest of the time.
- Change potato chips to baked chips.
- Eat out one fewer time per week and save that money for a vacation, weekend trip, or visit to the zoo or museum.
- Instead of food rewards for accomplishments, have a family "play" session where everyone participates in an activity such as basketball, kickball, sled, ice skate, etc.
- Go on a hike and invite some of your children's friends.
- Have everyone clean a separate part of the house for one hour to get some exercise.
- Park farther out at the mall or shopping center.
- Walk the dog as a family.
- Go to the family swim session at the local pool.
- Go bowling.
- Have fun raising your amazing kids!

### Burn Those Winter Calories!

Average based on a 150 lb person  
at about 20 minutes of activity

Shoveling Snow	120 cal.
Skiing	130 cal.
Stacking Firewood	140 cal.
Ice Skating	140 cal.
Sledding	160 cal.
Ice Hockey	160 cal.
Snowshoeing	180 cal.

### You Are What You Eat

Eating out is very common with today's on-the-go lifestyle. To help you eat better, featured below are healthy items on the Kentucky Fried Chicken® menu. Try to select some of these healthier options for your entree:

#### Honey BBQ Sandwich

(280 calories 3.5 g fat 2 g fiber 530 mg sodium)

#### Tender Roast® Sandwich, no sauce

(300 calories 4.5 g fat 2 g fiber 1060 mg sodium)

#### Crispy Strips, 3, no sauce

(350 calories 19 g fat 0 g fiber 1190 mg sodium)

#### Mashed Potatoes with Gravy

(140 calories 5 g fat 1 g fiber 560 mg sodium)

# Get Moving!

(Family-Friendly Activities)

## Winter Break: DDR!

Date: Thursday, January 3

Time: 11 AM – noon; 6 – 7 PM

Location: Plainfield Library

Cost: FREE

Feeling antsy? Limber up and dance away the winter blues on Dance Dance Revolution.

Please bring a pair of clean, comfy socks to wear. Pre-registration is required.

Open to 7 –12 year olds.

Contact: Plainfield Library, 839-6602

## Bookie Boogie Woogie

Date: Tuesdays, January 8 – 22

Time: Varies

Location: Plainfield Library

Cost: FREE

Kids ages 2 – 3 can listen to stories and participate in action rhymes, songs and dances during each action-filled 30-minute session of this 3 part series, "Snowmen": Jan. 8, 15 & 22.

Pre-registration is required.

Contact: Plainfield Library, 839-6602

## HIP Studios

Date: Tuesdays, January 26

Time: Varies

Location: Brownsburg Library

Cost: FREE

Join HIP Studios as they present a class on art, cooking, dance and theater. Ages vary. Pre-registration is required.

Contact: Plainfield Library, 839-6602

## Eating Healthy In A Doubleburger.com World

Date: Thursday, February 7

Time: 6 – 9 pm

Location: Primo Banquet Hall, Plainfield

Cost: FREE

For Adults! Eating Healthy in a Doubleburger.com World will give a blueprint for achieving lean, balanced eating in the real world from best-selling author Joe Piscatella. Attendees will learn to calculate a personal fat budget, order healthily in a restaurant, read food labels, lighten up favorite family recipes and exercise in order to be healthier. Space is limited for this free event. Register online at [hendricksregional.org/Joe](http://hendricksregional.org/Joe) or call (317) 718-6232.

# Fruits and Veggies in the Winter

As the days become shorter and temperatures drop, it may seem difficult to find fresh fruits and vegetables. But did you know that the winter months produce an abundance of cabbage, sweet potatoes, turnips, rutabagas, parsnips, squash, Brussels sprouts, pumpkins and apples full of valuable health benefits?

Here are some tips to ensure the freshest selection of winter fruits and vegetables: look for good color, minimal bruising and blemishes, and avoid those with soft spots or those that are shriveling. Many diets begin to lack important nutrients found predominantly in fruits and vegetables once the snow begins to fall and work and family schedules become packed with plans for the holidays. Focus on incorporating multiple fruit and vegetable options into your grocery list for meals or snacks at work and school so you're sure to receive these beneficial nutrients:

- Vitamin A: An antioxidant found in bright orange and dark green fruits and veggies; promotes good eyesight, healthy skin and prevents infection.
- Vitamin C: An antioxidant that resists infection and heals wounds; found in citrus fruits.
- Folic Acid (or folate): Important in metabolism and proper bodily functions, particularly for pregnant women; found in green, leafy vegetables and oranges.
- Fiber: Water-soluble fiber found in oats, beans and apples may help lower cholesterol levels. Insoluble fiber promotes healthy movement through the digestive system and includes wheat bran and other whole grains and dried fruit. All fiber helps you feel full longer.

Information courtesy of [Dolenutrition.com](http://Dolenutrition.com).

Need a pediatrician? Call the physician referral line at 745-DOCS.

## Maple Roasted Squash with Apple Filling

### Ingredients:

4 acorn squash, halved lengthwise and seeded  
salt and pepper  
8 Tbsp. light pancake syrup  
2 Tbsp. chopped fresh herbs OR 2 tsp. assorted dry herbs (thyme, rosemary, parsley)

8 tsp. low-fat margarine  
3 apples, cored and diced

### Directions:

Preheat oven to 450 degrees. Place squash halves, cut side up, on a baking pan. Season the inside of squash with salt and pepper. Place 1 tsp. of margarine and 1 Tbsp. light syrup into the bowl of each squash half. Distribute diced apples into the bowl of each half. Sprinkle herbs over the top. Roast squash until tender and nicely browned (about 1 hour). Periodically (every 20 minutes or so) spoon syrup from squash bowl over top of apples.

Recipe from [www.medicinenet.com](http://www.medicinenet.com).

180 calories	3g fat	8 g fiber	41g carbohydrates
7mg cholesterol	33mg sodium	2g protein	



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