



Healthy FUNdamentals

ISSUE #1 January 2008



WELCOME

There is something about the month of January that gives us a new outlook on the world. Maybe it's the celebration of a New Year. Or the opportunity to make another resolution. My suggestion is to make a Family New Years Resolution. This gives you an opportunity to have each other's support to make an important change.

Also, I feel it is important to start small and when you achieve the goal then set another. This will give both you and your children a sense of accomplishment. Rather than making your resolution something that is difficult to achieve. Here are some examples: Our family will exercise together three nights a week, our family will eat one more piece of fruit each day, our family will eat one more serving of vegetables each day, our family will ride our bikes four days a week, our family will play tag five nights a week. Make a sticker chart and let you children put the sticker on it everyday that your family meets their goal.

GET MOVING...

Simon Says

This game is fun and appropriate for any number of people any age. So encourage the whole family to play! This game fosters listening and coordination skills in children and is a great game to play at your next birthday party.

Instructions: One person is Simon and everyone else surrounds that person. The leader gives instructions, but only those instructions preceded by "Simon Says" are to be followed. If someone fails to follow an instruction don't make a big deal and keep playing. The idea is to get their heart rates elevated. So mix up the directions stand, sit, hop on one foot, and run in place. Explore a variety of levels from tippy toes to lying flat on the ground. Make sure you take turns letting each family member be Simon.



Happy New Year!

Recipe of the Month

Delicious Whole Wheat Pancakes

- 1 cup whole wheat flour
- 1 tsp baking powder
- 1 tsp salt
- 1 egg
- 1 1/4 tbsp sugar
- 1 cup 1% milk
- 1/2 tbsp oil



In a medium bowl, mix dry ingredients. In a separate bowl, beat egg and then add milk and oil. Pour wet ingredients into dry ingredients and mix just until blended (batter will be on the runnier side). NOTE: Do not over mix, as this makes the pancakes tough and chewy. Let the batter sit for five minutes. Coat a nonstick skillet with spray oil and heat over medium-low burner. When ready, pour batter by 1/4 cup into skillet. When small bubbles appear on pancakes and start bursting, flip and brown the other sides.

Serve with fresh fruit instead of syrup. Makes six medium-sized thin pancakes (two servings).

TIP OF THE MONTH



Remember To Eat Before You Shop. This is a fundamental rule of grocery shopping. If you go when you are hungry you are more likely to buy foods that are high in fat, sodium or both.

Funding provided by Stanly County Smart Start Partnership for Children

Contact Information: Mandi Oresick, MEd
105 Yadkin Street, Suite 105 • Albemarle, NC 28001 • (704) 983-7820 • mandi.oresick@stanly.org