

KID-FIT News



The Quarterly Preschool Physical Education and Fitness Guide

Michelle Obama's "Let's Move" Childhood Obesity Campaign

Join The Campaign

To get on board with the "Let's Move" effort, check out these related links. You'll get detailed information on resources, how to help and even sign up for email updates.

Let's Move

<http://www.letsmove.gov/>

Partnership For A Healthier America

www.ahealthieramerica.org/

Alliance For A Healthier Generation

www.healthiergeneration.org

USDA

www.usda.gov

By now most have heard about the national childhood obesity campaign Michelle Obama is in charge of. Her goal: to conquer childhood obesity within a generation.

Michelle has asked for support from all kinds of Americans. From governors and business owners to parents and teachers.

The two things that have been shown to affect obesity levels are at the focus of the initiative. That is healthy eating and more physical activity.

School lunches have been a topic of concern for years. Junk food vending machines on school grounds and lack of healthy affordable food choices

are all being looked at to see what strategies and funding are needed to bring about a positive change.

The bottom line: We can all help in the movement. And the time to do so is now.

Business owners can back preschool and youth fitness or nutrition programs in their local communities. Start small and near home.

Schools, take a look at what is really in place at your facility that promotes healthy food choices and regular, enjoyable exercise for all the children.



Teachers, think about what messages are being sent to children about the foods given to them in school. What do they see you eat?

And, parents remember you're the most important role model for your child. Start with your own life. Eat a little better, start exercising just a bit. Kids will follow your lead.



Hot dogs may bring back fond childhood memories

but are they a safe, nutritious food? Should we be feeding them to our children?

1. Hot dogs are the biggest source of mechanically separated meat. According to the U.S. Food and Safety Inspection Service (FSIS), mechanically separated meat, called MSM, is

"a paste-like and batter-like meat product produced by forcing bones, with attached edible meat, under high pressure through a sieve or similar device to separate the bone from the edible meat tissue."

Although deemed safe by the FSIS, there are concerns. It's possible transmittable diseases such as Mad Cow disease, which is carried in part through the spinal cord of cows, could end up in the food supply fast.

2. Choking hazard. Of the deaths attributed to choking on foods, 17% of deaths in children can be blamed on hot dogs.

3. High levels of carcinogens. Whether it's from barbecuing them until burnt or from the nitrates and MSG additives, there is evidence of a cancer connection. The American Institute for Cancer Research says that eating one hot dog a day can increase the risk of colorectal cancer by 20%.

4. Fat and sodium. Hot dogs are loaded with salt and fat, both of which contribute to high blood pressure.

So, should hot dogs be blacklisted from your diet? Not if you can find low fat chicken or organic ones, labeled all meat, with no byproducts and no artificial flavors, colors or preservatives. And, if you take care to cut them in bite size pieces for the children.

Do You REALLY Want That Hot Dog?

Healthy Recipe

Oatmeal Blueberry Muffins

Great way to start the day

3/4 cup unbleached flour
1/2 cup whole wheat flour
1 1/4 cups oats
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp cinnamon
1 cup unsweetened applesauce
1/2 cup low-fat buttermilk
1/2 cup packed brown sugar
2 tbsp canola oil

1/4 cup egg substitute
3/4 cup frozen or fresh blueberries

Combine first 6 items in bowl. In a separate bowl, mix remaining items except blueberries. Combine dry and wet mixtures. Fold in berries. Coat a muffin pan with non stick spray. Fill each cup about two thirds full. Bake at 400 degrees 15 minutes or until toothpick inserted comes out clean. Makes 12.



Nutritional Information:

Calories per muffin: 187
Total Fat: 1.5 gms.
Protein: 3 gms.
Carbohydrate: 26 gms.
Sodium: 24 mgs.
Fiber: 3 gms

Fitness Fun

Springing Into Spring

When new flowers begins to bloom, children can find it fascinating to learn about them. Use these activities when you teach them the name of springtime plants.

1. Dizzy Daffodils. Pretend to be a daffodil sprouting from the ground. Squat down low, slowly stand up and then twirl around 3 or more times and freeze. Repeat to sprout others.

2. Looming Lilies. Hold both arms out in front of the body as if they were a bud on a huge lily. Take a giant step forward while opening arms (petals) wide. Repeat until all your petals are in full bloom.

3. Tulip Touchdown. With two children standing back to back, as if two flowers on a large tulip plant. Each runs an equal distance away from the other. Set up markers for each to touchdown. Then, run back to the starting position

back to back with the other child. Repeat.

4. Garden Buzz. Pretend to be buzzing bees, ready to land on all the flowers in the garden. Run with fast little feet from one area of the garden to the other, calling out the name of the plant as you land on it. Then, stay for just a moment and fly to another. Repeat with a variety of plants that you want children to learn the names of.

Need more activities? See a new indoor P.E. activity here each month: http://www.kid-fit.com/free_pe_activities.html



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KID-FIT is a subdivision of Aerobic Fitness Consultants, Inc. (AFC), professional health and fitness educators. KID-FIT provides preschool children, their primary caretakers, and educators a structured curriculum for promoting healthy lifestyle habits of regular exercise, sound nutrition and rest starting as young as age 2. Since 1986, AFC has offered adult fitness classes in a studio environment and personal training for various groups and individuals. KID-FIT licensing opportunities are available in the United States and abroad. For more information, call (877) KID-FITT.