

January 2008

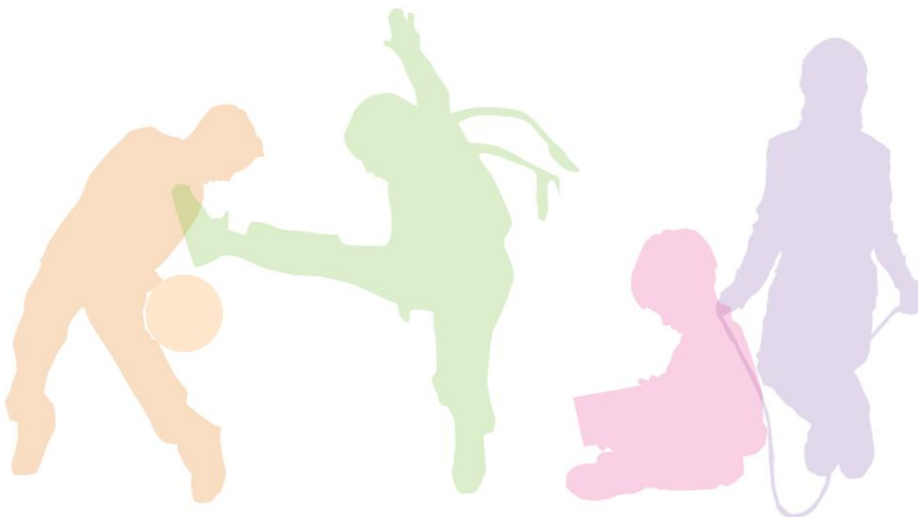
## Welcome to the New Year!

Now more than ever is the time to adopt a healthy lifestyle. New information released by the Centers for Disease Control revealed that the number of overweight or obese adults and children in the U.S. is steadily increasing.

Start making changes today! Get together as a family and agree on two health-related goals for this year. See the “Family Fun” section to learn more about goal setting.

### Is your child overweight or obese? Try these tips:

- Involve the entire family in physical activity (see Family Fun and Get Moving section).
- Promote a well-balanced diet consisting of fruits and vegetables, lean meats, low-fat dairy and whole grains.
- Most important--Be a role model by personally adopting a healthy lifestyle!
  - Parents and families can have a huge impact on the choices children will make. They look up to you—make the best impact you can by adopting a healthy lifestyle!



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## Get Moving in January!

It's chilly outside, so be physically active inside. Invent dance moves to your favorite songs or check out exercise and game books at the library and try new activities at home.

## Family Fun

January is the month to make New Year's resolutions. Get together as a family and agree on two health-related resolutions or goals for this year.

Start slow! One goal could be to be physically active for 10 minutes every day. As you accomplish this goal, set a new one. Also, try to eat at least one serving of fruit and/or vegetables at each meal.

To help you and your family reach your goals, beginning this month, each newsletter will focus on a color. Each month, one of your goals should be to try several types of fruits and vegetables of the chosen color. By coloring your plate, you will be getting a variety of essential nutrients.

## Want Newsletters for Every Month?

Visit [www.smartbodies.org](http://www.smartbodies.org) and click on "parents" for additional monthly newsletters.

## Vegetable Burritos

### Ingredients:

- ½ cup shredded carrots
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces low fat Cheddar cheese, shredded
- ¼ cup low fat Ranch salad dressing
- ½ teaspoon chili powder
- 4 (7 inch tortillas) whole wheat flour tortillas
- 1 cup green leaf lettuce, torn into bite size pieces

### Method

1. In a mixing bowl, combine carrots, broccoli, cauliflower, and onions with cheese, salad dressing, and chili powder.
2. Lay tortillas flat on the counter and spoon about ½ cup vegetable mixture and ¼ cup of lettuce down the center of the tortilla.
3. Wrap each tortilla around the vegetable mixture.

**Make 4 servings**

**Each burrito contains ½ cup of veggies!**

