



Teachers'
Edition!

February 2012

Heart Health

This is the month of love so focus on keeping your heart healthy. One of the best ways to achieve this is by participating in any type of physical activity every day. Listed below are some good ideas to get your class moving.

- Focus on Wisercise! this month with your class. Make it a goal to do one every day.
- Register your class on the 2 Step 4 Kids website and request pedometers for your class. You and the students can set goals and track your progress!
- Promote fun games at recess to get the students active. Try games such as tag, duck-duck goose, red light-green light, and hide and seek.
- Encourage your students to do some physical activity at home.

See your Wisercise! Curriculum guide for grade specific Wisercise! activities.



For program
information, please
visit our website at:
www.smartbodies.org



Get Fit—And Get Things Done!

Exercising with an Active Schedule

Many people get tired of doing the same old workouts day in and day out. Exercise DVDs and videos are a great way to get new ideas and motivation to stay active!

Are you afraid you'll buy one and get bored quickly doing the same DVD over and over? Switch up your routine by having an Exercise DVD/Video swap with the teachers at your school. Set up a day where all your peers bring in their old workout DVDs and exchange them for two weeks. This will give you an opportunity to try different workouts without buying new ones.



Healthy Hints

Quick Tips for Becoming and Staying Healthy

- ✚ Split a dish- When dining out, it is easy to overeat. Next time you go, try splitting a dish with someone else. If you are still hungry, you can always order something else. In the end, you will save money and reduce the temptation to overeat.

Italian Broccoli and Pasta

Ingredients

- 2 cups fettuccini noodles, uncooked
- 3 tablespoons chopped green onion
- 2 cups broccoli florets
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- 1 can (14.5 ounce) stewed tomatoes
- 2 teaspoons grated Parmesan cheese

Instructions

1. Cook noodles according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with nonstick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

Serves 4; <http://snap.nal.usda.gov/>

