



January 2012

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 importantly— Be a good role model by personally adopting a healthy lifestyle!
 - Parents and families can have a huge impact on the choices children make. They look up to you! Make the best impact you can by adopting a healthy lifestyle!

Visit www.letsmove.gov to find more information on “America’s Move to Raise a Healthier Generation of Kids”.



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

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 to 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 fruits and/or vegetables at each meal.

To help you and your family reach your goals, beginning this month, each Smart Bodies 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.

This month's color is **ORANGE** – citrus fruits are a great place to start (oranges, tangerines, grapefruit). You can also try to incorporate more carrots and sweet potatoes into your meals.

Citrus Salad

Ingredients

- 1 peeled grapefruit
- 1 peeled orange
- 10 cups fresh greens (lettuce)
- 1 small sliced thin red onion
- 2 Tablespoons cider vinegar
- 1 Tablespoon lime juice
- 1 Tablespoon vegetable oil
- 1 Tablespoon water
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin

Instructions

1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion. Mix remaining ingredients for dressing.
3. Drizzle over salad and toss just before serving.

Serves 4

<http://snap.nal.usda.gov/>

