



Healthy You for Life

Back to School, 2018

With the start of school underway, your Healthy You for Life team would like to help you jump back into the school year with some good-for-you habits! Being active, and eating balanced meals can help kids focus at school. Having a plan in place ahead of time can help you get through busy school days without losing site of your goals.

Schools do their best, but did you know that packing your lunch can be far healthier than eating school meals? Here are some tips to help you and your kids pack a delicious, healthy school lunch:

1. Get Kids Involved. Kids who help choose and prepare the foods in their lunches are much more likely to eat what they pack.
 - Sit down with your child and plan out a lunch menu for the week. Post this menu in the kitchen!
 - Bring kids to the grocery store and have them choose the fruits and vegetables that will go in their lunch that week.
 - Set aside some time in the evening to work with your child on assembling their lunch.
2. Make your own snacks. Try to limit the number of foods in your child's lunch that come in a package (think ants on a log, homemade trail mix, fruit salad, or cheese and crackers made from your own crackers and cheese)
3. Use MyPlate as your guide. Including something from each of the food groups is a great way to make sure lunch is giving your children what they need to get through the busy school day. It's ok if all the foods don't "match" or look like a typical lunch, just make sure they are all included!



4. Make it fun! Use cookie cutters to cut fruit, vegetables, and sandwiches into fun shapes. Use brightly colored skewers to put kids' favorite foods on a stick. Come up with a theme to help you inspire fun new food ideas.
5. Think about your drink! Get a fun water bottle to encourage hydration throughout the day. Try adding frozen fruit for a bit of flavor and to help keep your water cool. If you're choosing boxed drinks, be sure to look for options with less than 5 calories per serving.

Activity Breaks!

It's back-to-school time once again! Time to get back into our school day routines and get ready for the lovely fall holidays we all love. With this exciting time of returning to school and reuniting with our friends, we might find ourselves becoming quite busy with school hours, homework, sports, and other responsibilities. When our schedules start feeling overwhelming, it can be hard to find time to keep our bodies healthy by exercising. To keep our minds sharp and our bodies energized, let's use these 5 tips to fit in physical activity, even when it seems impossible to find the time:

Homework Break

- We don't all love it, but homework is something we all must do to be successful. Feeling overwhelmed and need a break from studying? Stand up from your chair for 10 minutes: walk around for a few minutes, switch to walking lunges for a few minutes, and finish with a refreshing "sun salutation" like the one below.

Power Stairs



- Challenge yourself to climb every stairwell you come upon during the day quickly, but safely! This will get your heartrate up and release some natural endorphins, which will give you more energy & make you happier!

Be An Active Watcher

- Did you know you can still do your body good while relaxing and watching your favorite TV show? Commercials are the perfect opportunity to practice your plank hold, crunches, squat hold, and lunges—even jump roping! Make this even more fun with an exercise ball or a stepping box. Just remember to aim for no more than 2 hours a day watching a screen!

Be Your Own Vehicle

- Ask your adult if you can walk or bike instead of drive next time you are travelling somewhere close by. Swap out your short drive to the library for a relaxing bike ride. Don't live close to anything? Plan your shopping trips to shopping malls or large stores to get in your steps. Most importantly: make sure you are travelling on a safe route and stay hydrated!

Find A Buddy

- Motivation can be easier to find when someone else is depending on you to be their workout buddy! Find a partner—this can be a parent, friend, neighbor, or sibling—to join you in exercising a couple of times a week. This way you both are doing good for your bodies and growing your friendship at the same time.

Starting out with a good for you breakfast is a great way to kick off your school days. Try these recipe ideas for healthy and delicious breakfast options that are perfect for busy mornings:



Make Ahead Egg Muffins

- 2-4 cups chopped veggies (Whatever you like! Bell peppers, onions, mushrooms, spinach, tomatoes, and broccoli all work well.)
- 8 eggs (try 4 whole eggs and 4 egg whites to lighten it up)
- salt and pepper to taste

Instructions:

1. Preheat oven to 350° and spray muffin pan with non-stick cooking spray
2. Sauté veggies in a frying pan over medium heat until tender. Season with salt and pepper.
3. Crack eggs into a large bowl and whisk together. Stir in cooked veggies.
4. Pour the egg/veggie mixture into the prepared muffin cups. Bake for 15-20 minutes.

Store egg muffins in the refrigerator for 4-5 days (perfect for the school week). Reheat in the microwave for about 30 seconds.

Berry Breakfast Parfaits

- 2 cups plain Greek yogurt
- Fresh or frozen sliced strawberries, blueberries, or raspberries (or any fruit you like!)
- honey, optional
- cinnamon, optional

Instructions:

1. In mason jars or bowls, layer 1/4 cup Greek yogurt followed by a layer of berries
2. Repeat layering until yogurt and berries are gone
3. If desired, add a drizzle of honey and a sprinkle of cinnamon on top of yogurt before adding fruit

Make yogurt parfaits ahead of time and store them in the refrigerator for up to 2 days.