



WINTER

FRESH & HEALTHY

HEALTHY LIFESTYLE TIPS

Fueling the Whole Body: Boost Your Family's Wellness

We know children's health can be improved with what we feed them, but what else impacts health besides the food we eat? Did you know lack of sleep could affect your child's attention span and behavior? Or that poor parent-child communications may trigger anxiety or depression?

While it may be overwhelming to think about adjusting your family's eating, sleep, exercise and mental health habits, it can be done with small changes. Select one of the wellness areas listed below and pick a strategy to adopt for a month. You may be surprised how one small change over time can improve your whole family's well-being.

Nutrition

Well-fed bodies get the right nutrients to think, move and behave better!

- Aim to eat a fruit and vegetable at each meal.
- Cook with your family at least one night a week.
- Drink more water – keep a tally chart for each family member.

Sleep/Rest

Elementary-aged kids need 9-11 hours sleep and teens need 8-10 hours.¹

- Make bedtime 20 minutes earlier and stick to the new time every night.
- Unplug from phones, laptops and TVs 30 minutes before bedtime. Keep all electronics out of the bedroom.
- Make sure the bedroom is dark (cover windows) and quiet (use earplugs, if needed).

Exercise

Pick one activity to do three times a week with your family.

- Hold a 20-minute dance party to music.
- Have a jump rope contest. How long can each family member jump (others do jumping jacks while each person jumps)?
- Go for a brisk walk before or after dinner.

Mental/Emotional Health

Feeling safe, supported and encouraged to talk about his or her feelings is an important part of your child's body wellness.

- Take five deep breaths when waking up and before going to sleep.
- Schedule "tell me one thing about your day" time with your kids.
- Have kids write any worries down and put them away in a special box (or a journal for older kids) before bedtime.





food that fits
YOUR LIFE®



Make a Delicious and Nutritious Family Dinner Tonight

Brown Rice with Sizzling Chicken and Vegetables

Makes 4 servings

Ingredients:

3 tablespoons low-sodium soy sauce
1/4 cup water
1 tablespoon honey
1 tablespoon cornstarch
1½ tablespoons canola or corn oil
2 garlic cloves, minced
1 pound boneless chicken breasts
(cut into 1-inch cubes)
1 small white onion, cut into 1/8-inch wedges
3 medium carrots, peeled and thinly sliced
(1 cup)
1½ cups small broccoli florets
1 medium red bell pepper (cut into 1-inch pieces)
3 cups hot cooked brown rice

Serving Suggestion: Serve with glasses of non-fat milk.

Instructions:

- 1) (KID STEP) Mix soy sauce, water, honey and cornstarch in small bowl. Set aside.
- 2) Heat oil in wok or large skillet over medium heat. Add minced garlic. Sauté 1 minute.
- 3) Add chicken. Cook about 5-6 minutes, then push chicken to the side.
- 4) Add onions to center of skillet. Cook until slightly tender and push to the side.
- 5) Continue with carrots, broccoli and peppers separately, placing each in center, cooking until slightly tender and pushing to the side.
- 6) (KID STEP) Pour soy sauce mixture into center of pan and stir until sauce thickens (chicken and vegetables remaining at sides of pan.)
- 7) (KID STEP) Mix sauce into chicken and vegetables in pan. Remove from heat and serve immediately over cooked brown rice.

Source: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/brown-rice-sizzling-chicken-and-vegetables>



Smart Phone Apps for Overall Wellness

Super Stretch Yoga (free) – Different yoga moves are performed by kids. Cartoon characters describe the moves and explain how they help your body.

Breathe2Relax (free) – This app walks you through basic breathing exercises while recording your level of stress before and after each session.

¹ National Sleep Foundation: <https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times>