

Wellness at West

Unity West Elementary School

Reminder to Parents of Kindergarten and Second Graders

Dental Exams must be turned into the office by Friday, May 14.

Wellness Library

We have a Wellness Library in the main office at Unity West. It includes a variety of cookbooks with quick and healthy recipes, diet books, and health and fitness magazines, which can be checked out.

Wellness Team Members

Janet Nelson, Principal
Josh Didier, Assistant Principal

Susanne Gateley, Parent and School Nurse

Carol Meeker, Head Cook
Jessica Brown, Fifth Grade Teacher

Kristy Duncan, PE Teacher

Nikki Hillier, Program Coordinator
Division of Health Promotion for
Champaign-Urbana Public Health
District

Call 485-3918 or e-mail
nelsonj@unity.k12.il.us,
if you are interested in serving on
the Wellness Team.

February is the perfect time to focus on heart health. It is important for you to instill healthy habits in your children while they are young and for you to take good care of yourself so you can enjoy life to the fullest.

Cardiovascular diseases, including stroke, are the leading cause of death in the United States. One of the top risk factors for heart disease is high blood pressure or hypertension. Sodium has been directly linked to hypertension so reducing salt in your diet is a good preventive measure. Try using seasoning like

garlic, oregano, thyme, or cumin to flavor food, instead of salt.

FOODS THAT ARE SMART FOR YOUR HEART



Fresh or canned fish, including tuna and salmon



Fresh, frozen, or canned vegetables: sweet potatoes, tomatoes, carrots, asparagus, bell peppers, all kinds of beans that can be added to soups and stews (green, black, kidney, garbanzo)



Fresh, frozen, or canned fruit: blueberries, oranges, pineapple, apples, bananas, water melon, strawberries



Whole wheat pasta, bread, tortillas, English muffins, crackers, long grain brown rice, and oat meal

PHYSICAL ACTIVITY IS ALSO IMPORTANT

Children should get 1 hour of vigorous exercise a day.

30 minutes of exercise a day is optimal for adults.

The Perfect, Hot Breakfast—It's fast and healthy!

Oatmeal

Makes 3 servings

- 1 cup old-fashioned rolled oats
- 2/3 cup toasted wheat germ
- 3 3/4 cups water
- 3 tsp Brown Sugar Splenda
- 2 bananas

Combine the first three ingredients in a medium saucepan, and bring to a boil over high heat, stirring occasionally. Reduce heat to medium-low, and cook for 6 minutes, stirring occasionally. Remove from heat and divide among 3 bowls. Top with banana slices, sprinkle with Brown Sugar Splenda, and enjoy!

Wheat germ and oats make the perfect pair. You get the goodness of whole grains from the oats and a host of nutrients, such as vitamin E, potassium, iron, and folic acid from the nutty wheat germ.

300 calories



From *Cooking Light Magazine*,
Jan/Feb 2010, page 110



Jump Rope & Hoops for Heart

March 25 and 26

Combat Obesity—Support Healthy Choices

The prevalence of obesity has more than doubled among adults and has tripled among children and adolescents from 1980 to 2004. Currently, two-thirds of adults and one in three children are overweight or obese. Increased food intake, a sedentary life style, and environments that make it difficult for people to make healthy choices but easy to consume extra calories, all contribute to the epidemic of overweight and obesity. The epidemic threatens the quality and length of peo-

ple's lives. U.S. Department of Health and Human Services Secretary Kathleen Sebelius says, "Curbing the obesity epidemic requires committed people and organizations across the nation working together to take action."

Change starts with the individual choices Americans make each day for themselves, their families and those around them. Reducing the consumption of sodas and juices with added sugars, eating more fruits, vegetables, and whole

grains, limiting television time, and being more physically active help us achieve and maintain a healthy lifestyle. U.S. Surgeon General Regina Benjamin says, "The reward for Americans will be invigorating, energizing, joyous health; a level of health that allows people to embrace each day and live their lives to the fullest without disease or disability."

**HELP YOUR CHILD
DEVELOP LIFE-LONG
HEALTH HABITS!**

Crock Pot Beef Fajitas

1 lb flank steak, trimmed and cut into 6 pieces
15 oz can Mexican stewed tomatoes
1 onion, sliced
1 green bell pepper, sliced
1 red bell pepper, sliced
4 oz chopped green chiles
2 cloves garlic, minced
1 tsp chili powder
1 tsp ground cumin
1 tsp ground coriander
6 (10 in) wheat tortillas
1/3 cup reduced-fat shredded cheese

Mix first ten ingredients in a crock pot, cover, and cook on High 4-5 hours or on Low 8-10 hours.

Transfer meat to a cutting board, cool slightly, and shred. Return to tomato sauce.

Just before serving, heat the tortillas according to package directions. Sprinkle cheese along the center of the tortillas. Top with beef mixture and fold.

313 calories

From *Weight Watchers: Cook It Quick!*

Cut Your Food Bills and Eat More Healthily

Sit down one night a week to plan your family's meals. If your child has a game, or you have a hair appointment, a crock pot dinner you plug in before going to work is perfect!

On one side of a sheet of paper, list all the lunches and/or dinners you will make for the week. Look

over all your recipes, and write all the ingredients you will need. To really save time, write down groceries in the order they are located in the grocery store. Go to the store.

In the morning, or when you get home from work, check your list to see what you've planned for dinner. Having

meals planned in advance will save you from having to run to the store every night or going for a fast-food dinner, and save you money!



Super Fast and Healthy – Comfort Food in Minutes!

Quick Chicken Noodle Soup

Yield 6 servings

2 cups water
32 oz fat-free, reduced sodium chicken broth
1 tablespoon olive oil
1/2 cup chopped onion
1/2 cup chopped celery
1/2 tsp salt and pepper
1 medium carrot, chopped
6 oz spiral pasta
2 1/2 cups shredded rotisserie chicken (from the deli)

Combine water and chicken broth in a microwave-safe dish, and microwave on High for 5 minutes or add to a saucepan, and bring to a boil on stovetop.

Heat a large saucepan over medium high heat. Add oil to pan and swirl to coat. Add onion, celery, salt, pepper, and carrot; sauté 3 minutes or until almost tender, stirring frequently. Add hot broth mixture and pasta; bring to a boil.

Cook 7 minutes or until pasta is almost al dente. Stir in chicken; cook 1 minute or until thoroughly heated.

237 calories

From *Cooking Light Magazine*, Jan/Feb 2010, page 26

