

# Eat Healthy...Be Active

## Jump into Healthy Living

A quarterly newsletter from the Coulee Region Childhood Obesity Coalition

Summer 2008

**Welcome** to this issue of *Eat Healthy, Be Active*-- the Coulee Region Childhood Obesity Coalition's quarterly newsletter. Through this newsletter we hope to provide you and your family with quick, practical ideas for eating healthy and staying active. We hope you enjoy it, and please...share it with a friend

## The Road to Healthy Bones



Bone health is a key nutrition issue for kids. Throughout childhood and into early adulthood our health habits help to build our bones & then as adults our health habits help to maintain them. What can we do to help our children build healthy bones so they enter adulthood with bones as strong as they can be?

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**1. Encourage them to eat plenty of high calcium foods everyday!** How much calcium do they (& you) need?

**2. Watch the soda!** Drinking too many soft drinks can disrupt the calcium and phosphorous balance in our bodies over time and reduce the minerals in our bones.



Make pop a treat rather than a regular beverage at your house!

### How much calcium do you need?

Age Group	Calcium Needs	# Daily Servings
1-3 yr	500 mg	3
4-8 yr	800 mg	3
9-18 yr	1300 mg	4
19-50 yr	1000 mg	3
51+ yr	1200 mg	4



**3. Be sure they get their Vitamin D!** Recommendations regarding Vitamin D are changing. Experts now believe both children & adults need more Vitamin D than we originally thought...between 800-1000 IU/day. Food isn't a great source...milk contains about 100 IU as does fortified orange juice...tuna about 200 IU and 3 ½ oz of canned salmon 360 IU. The sun has been our main source of Vitamin D, but sun screen blocks our skin's absorption of it. While it is still recommended that you apply sunscreen before going out in the sun, experts are recommending short periods (10-15 min) in the sun without sunscreen 3-5 times each week or the use of a Vitamin D supplement. Check with doctor before taking a supplement.

### What equals 1 serving?

1 cup milk, 1 ½ natural cheese (cheddar, Colby, etc)  
1 cup yogurt, 1 cup calcium fortified orange juice,  
1 cup fortified soy milk

### For ½ serving try...

1 oz slice American cheese, 1 cup cottage cheese or ice cream, 1/3 cup almonds, 1 cup

pinto beans, 3 oz canned pink salmon,  $\frac{1}{2}$  cup cooked collard greens, 1 cup box macaroni & cheese or 1 slice of a 12 inch cheese pizza



#### 4. Move it or lose it!

Weight bearing activity (i.e. walking, running, dancing, strength training, roller blading—any activity that involves gravity & impact on bones) helps build bone mass & strength in children. It also helps maintain bone density in adults. Experts recommend 60 minutes of activity each day for good health.

#### 5. Be a nonsmoker!

Some studies suggest that smoking increases the risk of fracture & hampers the work of bone building cells. At least one study has suggested that exposure to second-hand smoke during childhood and early adulthood may increase the risk of developing low bone mass.

#### 6. Use salt & caffeine in moderation!

A high intake of either can promote calcium loss from the body especially if calcium intake is low

#### 7. Maintain a healthy body weight!

Being underweight is a risk for poor bone health. Young women especially are at risk because being underweight affects their hormone levels (estrogen) causing their bones to lose mass & weaken.



## Summer Vacation Fun

Gas prices putting a crimp in the family vacation? Try some of these ideas for home based vacations from the National Association for Sport & Physical Education.

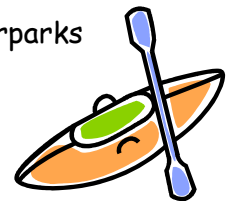
- Children love nothing more than running through a sprinkler on a hot summer day or sliding down a hill on a slip & slide. Water fun is a great way for kids to pass a summer day!
- Picnics in the park or backyard can be fun. Give the kids the challenge of seeing who can spit the watermelon seeds the farthest. Include the neighborhood children and have relay races or water balloon tossing contests!
- Plant a family garden. Not only does weeding & watering keep them active, it produces veggies that will help the family food budget and encourage the whole family to eat more vegetables. If you live in an apartment try growing veggies in large pots or window boxes.



- Plan a hike! Visit a local historical site such as the Hixon House or Villa Louis, hike through the marsh or walk one of the trails in Hixon forest.
- Plan a backyard camping adventure. Set up your tent in the back yard, barbeque supper and then enjoy s'mores. When it gets dark everyone can tell their favorite ghost story...don't forget the flashlights for those scary faces!!
- A bike scavenger hunt can be fun...it combines a bike ride with the problem solving puzzle of a scavenger hunt. Give your children a list of 10 things they need to collect from around your local area. Invite the neighborhood kids & make it a challenge between 2-3 teams of children.



- Fishing is a great activity for kids. Go to an area stream or backwater, bring a picnic lunch, some handiwipes, sun screen, a lawn chair & some bait. You'll have the ingredients for a great day!
- Enjoy one of the many local festivals. Visit the La Crosse Tribune website ([www.lacrossetribune.com](http://www.lacrossetribune.com)) & click on the best of the river valley at the bottom of the site. It will take you to a listing of area fairs & festivals. Enjoy Riverfest, the Interstate Fair, Catfish Days or the Karner Butterfly Festival. The site has lots of choices!
- Enjoy the water...Plan a day trip to the Dells to enjoy one of the many waterparks or rent a canoe and spend a day on one of the area rivers.
- Plan a trip to a local beach. The kids can swim, build sand castles or collect shells.
- Go bowling! Pla-Mor lanes in La Crosse is offering 1 free game of bowling and 1 free shoe rental Monday - Friday 11:00 AM - 5 :00 PM from June 2 - August 22 for kids under 18. To register stop in Pla-Mor lanes...cost: \$5 for the summer
- Take advantage of the many offerings at the YMCA or through the City of La Crosse or Onalaska Park & Rec. To learn more, visit the Y's or Cities' web sites at: [www.laxymca.org](http://www.laxymca.org) , [www.cityoflacrosse.org](http://www.cityoflacrosse.org) , [www.cityofonalaska.com](http://www.cityofonalaska.com)



Summer is a great time to reconnect with family & friends.  
Enjoy the hazy, but hopefully not lazy, days of summer!



## Summer Sip Tips

There is nothing like an ice-cold beverage to quench thirst during hot, humid weather. Did you know that what we drink can be as important to our health as what

we eat? Fluids regulate our body temperature, helps carry away wastes, transports nutrients and oxygen to your body cells and is important to almost every body function.

### Will the real juice please stand up?

*Juice*—Contains 100% juice

*Juice beverage, Juice drink, Juice cocktail*—Less than 100% juice.

*Fruit Drink*—flavored water with no juice. Some drinks may be fortified with vitamins, phytonutrients or herbs.

*Sports Drink*—contains calories, sodium and potassium meant to replenish what is lost through sweating. Most athletes don't need a sports drink unless they have exercised for at least an hour. Water is the best choice for most people.

### Fluid Tidbits

- We lose about 2  $\frac{1}{2}$  quarts of water each day (about 10 cups) Besides drinking fluids, we get three to four cups of our fluids through the foods we eat!
- Being physically active, exposed to heated or re-circulated air for a long time, pregnancy and breastfeeding, and illness can increase the need for fluids.
- Urine that is dark in color means that not enough fluid is being consumed. Pale or almost colorless urine means you're drinking enough.
- Consider these tips to increase your fluid intake: Always have a water bottle handy. Take a drink when you pass a water fountain. At snack time have juice, milk, or water. Eat juicy foods such fruits, vegetables, soup, pudding and yogurt. Drink water before, after, and during exercise. Drink a smoothie or Chiller!

### Fruit Island Chiller

Serves 8

#### Ingredients:

- 1 pkg. (10 oz) frozen unsweetened strawberries
- 1 can (15 oz) crushed pineapple with juice
- 1  $\frac{1}{2}$  cups orange juice
- 1 quart carbonated water, chilled
- 8 fresh strawberries

#### Directions:

1. In a blender, combine the frozen strawberries, pineapple with juice and orange juice. Blend until smooth and frothy
2. Pour the strawberries mixture into ice cube trays and freeze.
3. To serve, put 3 strawberry cubes into a tall glass and fill with  $\frac{1}{2}$  cup of the carbonated water. Wait until the mixture becomes slushy. Garnish with strawberry!

**This newsletter is brought to you by the Coulee Region Childhood Obesity Coalition. Our goal is to prevent childhood overweight & obesity. Members include:**

Family Resource Center

La Crosse County Health Dept.

School District of La Crosse

University of WI-Extension

Gundersen Lutheran

La Crosse Day Care Centers

School District of Onalaska

UW-La Crosse

Head Start

Viterbo University

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La Crosse & Onalaska YMCA