

Eat Healthy...Be Active

Jump into Healthy Living

A quarterly newsletter from the Coulee Region Childhood Obesity Coalition

Spring 2007

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



Turn off the TV & Turn On Your Life!

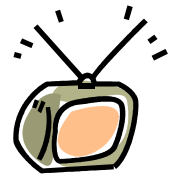
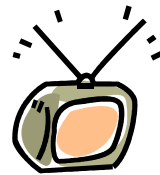
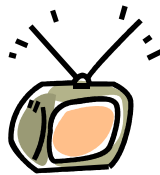
April 23rd – 29th is National Turn Off the TV Week. This year, the Coulee Region Childhood Obesity Coalition is encouraging kids and families in our area to participate! Why turn off the TV? Television cuts into family time. It negatively effects children's ability to read and contributes to sedentary habits and an inactive lifestyle. Consider the following facts about our TV habit from the Center for Screen Time Awareness...

- The average child spends more time in front of the TV (1,023 hours) than in school in a year (900 hours)
- There are an average of 202 "junk food" ads aired during the 4 hours of Saturday morning children's programming
- Rather than talking to one another, 40% of Americans frequently or always watch TV during dinner.
- 91% of children polled said they feel upset or scared by violence on TV (Number of violent acts the average American child sees on TV by age 18 = 200,000)
- The average person watches 4 hours & 35 minutes of TV each day

The American Academy of Pediatrics recommends children under age 2 avoid TV and other electronic media and experts agree that for children over 2, two hours or less of screen time/day is recommended. In this case—*Less is Better!*

10 Alternatives to turning on the tube

- ♥ Read a book
- ♥ Put together a puzzle
- ♥ Go on a picnic
- ♥ Go fishing
- ♥ Go for a bike ride
- ♥ Go swimming
- ♥ Play cards
- ♥ Listen to your favorite music (& dance!)
- ♥ Start a family photo scrapbook
- ♥ Play Frisbee or ball in the park





So how do we wean ourselves from our TV habit???

- Keep the TV off during meals
- Move your TV to a less prominent location—out of the living room!
- Designate certain days of the week as TV free days
- Remove TV sets from your child's & your bedroom
- Hide the remote!
- Avoid using television or video games as a reward

Remember... Children are influenced by what their parents do. If you are active, eat well and watch less TV...They will too!


Spring into Action



Spring flowers...warmer weather...longer days—its time to break out of that winter cocoon and enjoy the outdoors! Build in that 60 minutes of activity & active play you and your kids need each day by taking advantage of the many parks, playgrounds and trails our offers. Check out the chart below & on the next page to see where you & your family might go to have a picnic, ride your bikes or play. For a new adventure...Try a park you've not been too.

region

City of La Crosse Parks For a full listing of City Parks go to www.cityoflacrosse.org & click on the Park & Recreation Dept	Park size (acres)	Playground Equipment	Open Area	Grills
Bluffview Park 2800 Jackson St	6.3	X	X	
Copeland Park 1300 Rose St	20 acres	X	X	
Grandad Park 3200 Main St	150		X	X
Green Island Park 2312 S 7 th St	7		X	X
Hass Park 3600 Easter Dr	6	X	X	
Hickey Playground 900 Palace St	6	X	X	
Hixon Forest	433		X	
Hood park 500 Hood St	1	X	X	
Houska Park 700 Houska Park Dr	14	X	X	

City of La Crosse Parks	Park Size (Acres)	Playground Equipment	Open Area	Grills
Myrick Park 2000 La Crosse St	20	X	X	
Pettibone Park Hwy14,16,61 & Park Plaza	167		X	
Red Cloud Park 520 Powell St	18	X	X	
Trane Park 1500 Chase St	10	X	X	
 <p>Picnic kits are available May –August from the La Crosse Park & Rec Dept. Kits include bats, balls, horseshoe sets, volleyball equipment & other game oriented equipment. Kits are available on a reservation basis & can be picked up between 8:30 am – 5:00 pm Mondays – Fridays. Cost: \$5/kit Monday-Thursday & \$20/kit Friday-Sunday \$50 refundable deposit required</p>				
City of Onalaska Parks For a full listing of City Parks go to www.cityofonalaska.com & click on the Park & Recreation Dept	Park Size (Acres)	Playground Equipment	Picnic Area	Trails
Community Park 515 Quincy St	13.55	X	X	X
Greens Coulee	66.9		X	X
Holiday Heights Park 1600 Medary Lane	21.56	X	X	X
Rowe Park 710 Hilltopper Place	28.8	X	X	
Van Ripper Park 201 Rider's Club St	39.1	X	X	X

Area Bike Trails



Our area is blessed with more than 100 miles of connected bike trails. Check out the trails below for a family Spring walk or ride...



Great River State Trail: 25 miles of off road trail that goes from the City of La Crosse through Trempealeau & Perrot Park.



La Crosse River State Trail: 22 miles of off road trail that goes from La Crosse to Sparta



Elroy-Sparta State Trail: 32 miles of off road trail that travels from Sparta to Elroy though the towns of Norwalk, Wilton & Kendall



"400" State Trail: 22 miles of off road trail that travels from Elroy to Reedsburg through the towns of Union Center, Wonewoc & La Valle.

Visit www.bike4trails.com for trail maps & more information

Container Gardening-Growing Good Nutrition



If you love to garden but don't have a large yard, container gardening may be for you! Although you may not produce a surplus of vegetable to can or freeze, you can have enough to enjoy fresh vegetables all summer long. Children are often excited to try vegetables that they helped nurture from a seed to food on their plate. The portability of a container allows you to move your "garden" to a perfect growing location, especially during threatening weather. Good locations include your windowsill, balcony, or next to your outside door. Here are some tips to help you get started:

1. Use clean containers such as clay pots, plastic pails, wooden barrels and boxes that are large enough for the plants you want to grow. Containers that hold 2 gallons of soil are best, but smaller containers can be used. Punch holes in the bottom of the containers and place the container on objects such as bricks boards, or patio stones to elevate it off the ground to ensure proper drainage. You can use good potting soil or make a lighter weight, soil-less mix by combining equal parts of peat moss and vermiculite or perlite. A soil-less mix will require more frequent watering since it will dry out faster than soil.
2. Choose to grow plants that your family will eat or are willing to try. Some vegetables that grow well in containers include green beans, carrots, beets, cucumbers, leaf lettuce, green and bulb onions, peas, radishes, tomatoes, green peppers, and various herbs. Read seed package directions carefully to determine the correct planting depth and spacing.
3. Soak the soil thoroughly before planting. After planting, water frequently. Plants in containers will dry out faster than regular garden plants. Push your finger into the top inch of soil to check for dryness. The soil should be moist, but not saturated.



4. Place your pot in a location where there will be at least six hours of sun each day. Carefully remove any weeds that appear. You can use a fertilizer, but follow directions carefully.

If you have questions or need gardening tips, call La Crosse County Extension Agriculture Agent Steve Huntzicker or Horticulture Educator Joyce Cielecki at 785-9593. To read more about container gardening, check out <http://learningstore.uwex.edu/pdf/A3382.pdf>

This summer try container gardening. It's an enjoyable way to grow good nutrition...at your fingertips!

By: Mary Hoeft-Leithold, WNEP Nutrition Educator

This newsletter is brought to you by the Coulee Region Childhood Obesity Coalition. Our goal is to prevent childhood overweight & obesity by encouraging healthy eating habits & an active lifestyle. Members include:

Family Resource Center

Gundersen Lutheran

Head Start

La Crosse County Health Dept.

La Crosse Day Care Centers

Viterbo University

School District of La Crosse

School District of Onalaska

Holmen School District

University of WI-Extension

UW-La Crosse

La Crosse & Onalaska YMCA