

Eat Healthy, Be Active

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

Vitamin Water and Energy Drinks-- What's all the Buzz about?

They are popping up everywhere—in vending machines, pop and water aisles and at concession stands—energy drinks, vitamin water and colas, along with other enhanced beverages. These drinks are becoming a popular commodity among adults and kids alike. Consumers are looking for a bottle of health or portable “pick-me up” to take with them wherever they go.

Many of these enhanced drinks have names that depict wellness and claims that range from boosting energy and endurance to providing relaxation. Most contain ingredients such as caffeine, green tea, vitamin C, ginger, and various herbs. Popular energy drinks contain guarana, (a natural source of caffeine), taurine, caffeine, and/or B vitamins. Studies are limited on the benefits and safety of some of the ingredients.

Health professionals caution that some energy drinks may contain high amounts of caffeine, sugar and calories. Most healthy people can consume around 300 milligrams

of caffeine per day without any adverse effects. Many energy drinks contain from 0-140mg per 8 oz serving. Check out the nutrition facts label on the can or bottle to see how many servings are in the container--some have three servings. So if you drink the whole can or bottle you can be consuming a fair amount of caffeine. Although most people desire the increased alertness that caffeinated drinks provide, high levels of caffeine have been associated with a fast heart rate, nausea, restlessness, anxiety and tremors. People who are sensitive to



No amount of vitamins or nutrients delivered by energy drinks even comes close to what you get from eating a diverse range of foods.

caffeine, pregnant women, and children should be aware of their intake.

(Con't on page 3)



Coulee Region
Childhood Obesity
Coalition

Summer 2009

Special points of interest:

- ☉ Vitamin Water & Energy Drinks
- ☉ Eating Healthy on vacation
- ☉ Coulee Region Exploring
- ☉ Footsteps to Health



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5 Tips for a Healthy Vacation

If you've ever returned from vacation to find the pants you've left in your closet seem to have shrunk...you're not alone! We've all used the excuse..."I'm on vacation" to justify that dish of ice cream or piece of pie. To

prevent those vacation pounds from creeping on, we've chosen 5 practical, easy tips to help you and your family eat healthy during your vacation.

1. **Pack snacks**... Keep healthy snacks on hand



when traveling. The best combinations are those that contain some protein and a high fiber carbohydrate to keep you feeling full longer. The trusty PB&J on whole wheat bread can help you cruise right by the high fat cinnamon buns at the airport! (Con't on page 2)

Healthy Vacation Tips



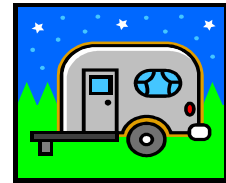
Traveling by car? Carry unsalted nuts, fruit or whole grain crackers in single serving packages to cure your snack cravings.

2. **Drop out of the Clean Plate Club...** Eating out often means big portions and more calories than you are used to. Desserts often follow the meal. Just because all that food is in front of you, doesn't mean you have to eat it! It's OK to only eat half of your entrée! If leaving food bothers you, share an entrée with a family member. Remember too, desserts can also be shared. That way, you get to taste some of the specialties of where you are without busting your calorie bank!

3. **Your shoes are made for walking** ...Too often on vacation our exercise routines are put on hold. Strap on your walking shoes and get going! Ask about safe walking routes near where you're staying. It's a great way to see an area and helps burn off some of last night's dinner!
4. **Rethink your drinks...**The morning lattes, 24 ounce bottles of pop to cool your thirst and margaritas before dinner can add up. Research shows the calories we sip substantially contribute to weight problems. So rethink your drinks and choose wisely. Carry a water bottle during the day, skip the whip on your latte and have it made with fat free milk rather than whole and choose a glass of

beer or wine (just 1!) rather than higher calorie mixed drinks.

5. **Enjoy regional specialties!**... You are on vacation...so enjoy yourself in moderation. Stop and consider the choices you make. Pralines or bread pudding in New Orleans and key lime pie in the Florida Keys are regional specialties to savor, however the candy or chips from the hotel mini bar or vending machine tastes the same as they do back home. Indulge wisely!!!



Keep Your Kids Active this summer...Explore the Coulee Region



As summer activities have become more sedentary and moved indoors, research shows that many of to-

day's children are actually gaining weight during their summer break. Electronic entertainment has replaced both structured and unstructured outdoor experiences leading many children to not get the recommended 60 minutes each day of physical activity. Coalition members are committed to reversing this trend and want to share with you some of the many ways you can keep your kids active this summer.

- **Enjoy the Upper Mississippi River**

- **National Wildlife and Fish Refuge...**

This refuge is a wonderland for kids and their families. Attractions along the La Crosse County shore of the Mississippi river include both canoeing and kayaking. Long Lake and Goose Island canoe trails contain different observation points at major pull-offs that are distinctly denoted with signs. Canoes and kayaks can be rented throughout La Crosse including at Three Rivers Outdoors and the UW-L Outdoor Connection. Go enjoy a day on the river!

- **Visit Goose Island Park and Campground**

Located on Hwy. 35, South of La Crosse, this wooded island in the Mississippi River offers camping, fishing, nature trails, swimming, canoeing & bird watching. Spend a day or a weekend at

Goose Island and reconnect with the beauty of the Coulee Region!

- **Enjoy Hixon Forest Nature Center**

Located at 2707 Quarry Rd. in La Crosse. Kids and their families can enjoy hiking through this 720-acre preserve and view the interpretive exhibits the center offers. The exhibit is open Monday- Friday 11:00 a.m. - 4:00 p.m., weekends, 1:00 - 4:00p.m.

- **Enjoy the Great River & La Crosse River Bike Trails...**

The trails provide great scenery and an overall unique experience. On these easy-riding bike trails families will see wildlife and experience forests, prairies, rare along with endangered plants. A trail pass is needed if you intend on biking. However, children under the age of 16 can use the trail for free.

What's all the buzz about??

Energy drinks can also cost around \$2.00 per can---that's about the cost of 12 cups of skim milk!

For a wallet friendly alternative, sip up some goodness with a refreshing homemade smoothie made with 100% juice, ice cold milk or yogurt and ice. See the recipe that follows for a tasty summertime treat.

If you're looking for a great energy booster, go back to the basics---get plenty of sleep, be active and eat a variety of healthy foods. Visit mypyramid for a personalized eating

and activity plan
(www.mypyramid.gov)

Summer Smoothie

- 1 cup low fat vanilla yogurt
- 1 cup apple or pineapple juice
- 5 strawberries
- 1 peeled banana
- 3 ice cubes (crushed)

1. Combine all ingredients in a blender, or mix in a sealable plastic bag.
2. Blend until smooth and enjoy!

Submitted by: Wisconsin Nutrition Education Program, La Crosse County



Keeping Kids in Motion!



YMCA/ Bronston Kids Marathon

When: Saturday, August 1st -
Saturday, September 26th

Where: La Crosse Area YMCA

Kids can also stay active this summer by participating in the 5th Annual YMCA/Bronston Kids Marathon "Keeping Kids in Motion".

Starting Saturday August 1st kids will begin an 8 week "training" in which they will accumulate 25.2 miles with their last mile held at the YMCA's Maple Leaf Road Races, Saturday September 26th! To keep children excited,

interested and devoted to the program, the YMCA will be holding group running times in addition to sending out weekly informative letters discussing the importance of healthy eating habits and physical activity. What better way to develop a strong commitment to physical activity than through a program that encourages regular participation on a weekly basis!



Family Kayaking

When: Friday Nights from 6:00 p.m. -8:00 p.m.

Where: Pettibone Lagoon



According to the latest statistics, kayaking is one of the fastest growing outdoor sports activities in the United States today. Kayaking is especially attractive for people with families offering an easy way to get everyone together. In addition, it offers affordable equipment and relatively easy instruction. Take advantage of the opportunities to kayak offered right here in La Crosse at the Pettibone Lagoon! The fun of a family kayaking experience is that it helps to bring families together allowing them to enjoy the quiet beauty of the Mississippi River and the Coulee Region.



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

Family Resources Gundersen Lutheran Head Start
La Crosse County Health Dept UW-La Crosse YMCA
School Districts of La Crosse, Onalaska & Holmen
Viterbo University UW-Extension-WNEP Program

Footsteps to Health

Footsteps to Health is a project of the Coulee Region Childhood Obesity Coalition conducted in partnership with Festival Foods, Gundersen Lutheran 500 Club, and Viterbo University. The goal of the project is to encourage Coulee Region residents to eat more fruits and vegetables.

Why eat more fruits & veggies?
Not only do fruits & veggies contain substances that help protect you from chronic diseases such as heart disease, stroke and cancer but they also help regulate one's weight. Research shows that people who eat the recommended amounts of fruits and vegetables each day are less likely to be overweight.

Each month a different fruit and vegetable will be featured at the Footsteps to Health kiosk at area Festival stores. Store patrons will have the opportunity to taste a recipe that includes the featured fruit or vegetable, will receive information about choosing and storing the featured produce and will receive preparation tips.

The project runs through June 2010.



See below the upcoming Footsteps to Health kiosk schedule for July, August and September...

La Crosse store:

July 2 3PM-6PM Melons
July 17 4PM-6PM Snow Peas

Aug 7 3PM-6PM Pomegranates
Aug 21 3PM-6PM Eggplant

Sept 10 3PM-6PM Kiwi
Sept 18 11AM-1PM Zucchini

Onalaska Store:

July 3 4PM-6PM Melons
July 18 11AM-2PM Snow Peas

Aug 8 11AM-2PM Pomegranates
Aug 22 11AM-1PM Eggplant

Sept 25 4PM-6PM Kiwi
Sept 5 11AM-2PM Zucchini

Holmen Store:

July 9 4PM-6PM Melons
July 23 4PM-6PM Snow Peas

Aug 8 11AM-1PM Pomegranates
Aug 14 4PM-6PM Eggplant

Sept 17 4PM-6PM Kiwi
Sept 26 11AM-1PM Zucchini



Try this tasty Footsteps to Health recipe!

Summertime Chicken Salad

Serves 5 (about 1 cup each)

2 cups chopped cooked chicken
2 cups cubed cantaloupe
 $\frac{1}{2}$ cup diced celery
 $\frac{1}{3}$ cup cashew nuts, chopped
 $\frac{1}{4}$ cup chopped green onions
4 cups chopped romaine lettuce

Creamy Yogurt Dressing:

$\frac{1}{4}$ cup low-fat plain yogurt
3 Tbsp. low-fat mayonnaise
3 Tbsp. lemon juice
 $\frac{1}{2}$ tsp. salt
pinch black pepper

In a medium bowl, combine chicken, melon, celery, cashews and green onions. In a separate small bowl, whisk together dressing ingredients. Combine dressing with chicken mixture; stir to combine well. Serve on a bed of chopped romaine lettuce.

* 500 Club Approved Recipe*