



## *Stay Fit During Back to School Madness*

Staying fit and squeezing in exercise during back to school chaos may seem impossible. At the same time, it seems like the perfect time to return to the exercise routine many of us abandoned in favor of outdoor fun. If you find you're putting it off until your schedule calms down, you might be waiting for a long, long time. Instead of waiting for the 'right' time, why not start now? Getting exercise firmly established makes it easier for it to remain a priority for you year-round.

Any parent knows that planning and preparation can make the difference between keeping things in order and complete chaos. Giving exercise that same kind of effort can help you make it happen:

1. Make a weekly calendar of work, family and other responsibilities.
2. Look for times you can squeeze in exercise. Doing shorter workouts throughout the day is just as effective as continuous exercise. Even if you only find 10 minutes here or there, that's 10 minutes you'll be moving instead of sitting.
3. Plan what you'll do and gather what you need the night before. For example, if you're going to the gym, you'll need your sneakers and shorts. If you're exercising in the morning, put your gear next to the bed so you can put it on as soon as you get up.
4. Integrate exercise with other activities. If your child is at soccer or football practice, use the time to jog or walk around the field. If you're at the mall, add a few laps of walking to burn extra calories.
5. Set up a home gym. Even if you prefer a health club, having some basic equipment available (think resistance bands, an exercise ball and some dumbbells) as well as a few quality workout videos means you're always ready for a workout.
6. Keep extra gear at work or in the car. If you can find a few minutes at lunch or on the way home from work, squeeze in a quick walk at a nearby park or around the parking lot.

Planning and preparation means nothing if you aren't motivated to exercise. Finding motivation is simpler than you think, especially if you realize that there are many good reasons to exercise. Plus, there are some other ways you can encourage yourself to stick with your workout. If you haven't tried a pedometer yet, you'll be amazed at how motivating it can be. You probably already know that experts recommend walking 10,000 steps a day and you wouldn't believe how hard that is if you have a sedentary job. Clip a pedometer to your belt, and you'll instantly walk more just to meet your goal for the day. A personal trainer can be a huge motivator, but many people are put off by the cost. One option is partner training, which is cheaper and, by enlisting a friend to do it with you; you'll have added accountability to exercise. For cardio, increase the intensity for shorter workouts. Think of it this way: The shorter the workout, the harder you can exercise. If you only have 20 minutes, exercise at a higher intensity than usual or try adding fast-paced intervals to your routine.

Whatever you do, don't wait until later to get back to your exercise routine. The longer you wait, the harder it gets and the more you get used to life without it. Make a commitment and do something today. It's never too late to get started.



## **Breakfast**

It is true—it is the most important meal of the day! Numerous research studies show that kids who eat a nutritious breakfast do better in school. They concentrate better, they have more energy, and they are less moody.

### ***Simple breakfast ideas***

- Whole grain cereal with milk and fresh fruit
- Oatmeal made with milk, topped with fresh berries or sliced banana
- Whole grain toast with peanut butter and sliced banana
- Whole grain English muffin egg sandwich
- Whole grain frozen waffles with fresh berries on top
- ♦ Light yogurt, low fat granola, and fresh fruit

## **Lunch**

If breakfast is the most important meal of the day, lunch isn't far behind. Metabolism is peaked for the day at lunch, and your kids still have a lot of school time and after school sports and homework left later in the day. A healthy lunch is vital to sustained energy for the rest of the day.

### ***Packable lunches***

- Sandwiches: Use whole grain tortillas, pitas, or flatbreads for a new twist on the old sandwich.
- Sides: Instead of the usual bag of chips, give them soy crisps, baby carrots, cheese cubes, trail mix, bread sticks, yogurts, string cheese, or cottage cheese containers
- Creativity: Get creative with different shapes of sandwiches, cheese cubes, and even vegetables and fruits.
- Well rounded: Include at least three of the five food groups for a balanced, well-rounded lunch:
  - o Fruit (fresh fruit already cut up for them, 100% juice boxes, dried fruit, canned fruit in it's own juice)
  - o Vegetables (tomato juice, cut up variety of veggies, spinach, tomato on sandwiches and wraps)
  - o Dairy (yogurt, milk, pudding, cheese)
  - o Whole grains (whole wheat tortillas, bread, cereal, crackers)
  - o Protein (turkey, lean lunch meat, hummus, vegetarian alternatives like veggie burgers, nuts, peanut butter).

## **Snacks**

Most kids are starving by the time they get out of school. Be prepared with a healthy snack so they don't hit the vending machine or fast food restaurant.

### ***Smart snacks***

- Light yogurt
- Half a sandwich
- Fresh fruit
- Fruit kabobs (put fresh fruit on sticks)
- Trail mix
- Bowl of cereal
- Cottage cheese and fruit
- Nutrition bars
- Nutrition shake (Carnation Instant Breakfast, for example)
- Soy Crisps
- Veggies and hummus

Smoothie of fresh or frozen fruit and milk or yogurt

Creating healthy eaters when they are kids will lead to healthy eating habits as they grow into adults. With the obesity epidemic in America, we need to do all we can to encourage healthy habits now!



## Healthy Recipes for the Whole Family

### Pizza

- 1 store bought pizza dough
- 3/4 cup store-bought tomato sauce
- 3 tablespoons Orange Puree
- 1 to 2 cups low-fat shredded mozzarella cheese
- Optional extra boost: sliced mushrooms, onions, sweet peppers, or artichoke hearts
- Preheat oven to 400 degrees and preheat a pizza stone, if using one, or spray a baking sheet with oil.

> Stretch pizza dough, or roll out with floured rolling pin on floured surface, to form a pie and transfer it to the stone or baking sheet. Combine tomato sauce with the Orange Puree. Mix well. Spread 1/2 to 1 cup of the sauce mixture across the large pizza dough then top with about 1 cup of mozzarella. Cover and refrigerate at this point, or bake for 15 to 20 minutes until bubbly and lightly browned. Allow to cool a few minutes, then cut into triangles and serve.

### Granola Bars

- 2/3 cup rolled oats, ground in a food processor to about 1/2 cup
- 1/2 cup blanched, slivered almonds, ground in a food processor to about 1/3 cup (omit if allergic, and add another 1/3 cup of ground oats instead)
- 1/4 cup wheat germ
- 1 cup crispy brown rice cereal (or Rice Krispies)
- 1 cup nonfat dry milk
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup canola oil
- 1/2 cup honey
- 1 teaspoon pure vanilla extract
- 1/4 cup chocolate chips (optional)
- Optional extra boost: 1/4 cup raisins or dried blueberries

> Preheat oven to 350 degrees. Line a 9-inch square or 9-by-13 inch baking pan completely with foil and butter the foil (or spray with oil).

> In a medium bowl, combine oats, almonds (if using), wheat germ, cereal, dry milk, cinnamon, and salt. Mix in the canola oil, honey, vanilla extract, and chocolate chips (and/or dried fruit, optional). Mix well, then pour into the prepared baking pan. Press down with palm of hand, evenly distributing the mixture into the corners of the dish and bake for 15 to 18 minutes. Check occasionally to prevent burning.

> Remove from the oven and using the foil to help you, lift the giant bar out of pan. Place on a flat surface and while still warm, cut into small bars.

Louisiana Center for Weight Loss Surgery

Calendar of Events:

**\*\*Support Group\*\***

Thursday, September 18, 2008

P&S Surgical Hospital

Ste 405-A

5:30pm

Call 998-8162 for more information



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Weight Loss Surgery

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