



Welcome to Your Run/Walk Club!

We are excited to start our running and walking club and each week we will be providing a few tips on nutrition and keeping moving. We look forward to meeting with you every week!

Staying hydrated is an important part of a healthy lifestyle. Here are some ways to stay hydrated while working out.

1. Children need 6-8 cups of fluid per day. One cup = 240 ml = 8 ounces. Fluid should come in the form of water, low-fat milk and occasionally juices. Avoid sodas, Sports drinks and energy drinks due to the high amount of sugar. Water is the best source of hydration!
2. Did you know signs of dehydration?
Here are a few signs: dry or sticky mouth, lack of urine or dark yellow urine, dry, cool skin, lethargy or irritability, fatigue or dizziness.

Resources:

For more information about the importance of hydration and water visit: <http://www.letsmove.gov/drink-lots-water>

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Nutrition and Running Terms

Marathon- A long running race making up 26.1 Miles.

Half marathon- A long running race making up 13.1 miles

5K- A race that is 3.1 miles long.

10K- A race that is 10.2 miles long.

Calories- energy that food contains. Calories contain the energy source of the food. Foods that are higher in calories take more energy to burn off.

Healthy Lifestyle- A healthy lifestyle is when you are fit, have energy and are less likely to feel bad due to increased exercise and better eating habits.

Sugar- There are 2 kinds of sugar, added sugar and naturally occurring sugar. Naturally occurring sugar can be found in fruits, vegetables, and starchy foods. Added sugar is the kind of sugar you would find in cokes, cakes, cookies, pies, ice cream etc. It is best to fuel the body with naturally occurring sugars instead of added sugar containing foods.

For more nutrition and physical activity information visit:
www.KidsEatRight.org

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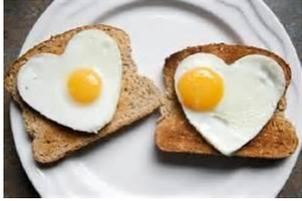
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The Healthiest meal of the day is *Breakfast!*

Breakfast is important because it balances your mood, keeps you focused throughout the day and helps kids perform better in school.

A breakfast should consist of a protein, a whole grain and a fruit.

Protein foods include: nut butters, eggs, low fat dairy foods such as yogurt or milk.

A whole grain food includes: Oatmeal, granola, whole grain cereal, whole wheat toast or waffles.

A great fruit to include is a banana, melon wedge, cup of mixed berries, an apple or even an orange.

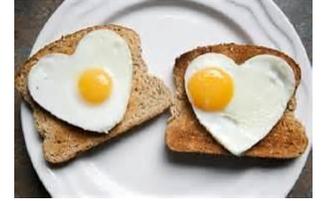
****Avoid high sugar cereals, lots of syrup or sweetened beverages for breakfast.**

If you don't have time for a quick protein + whole grain + fruit filled breakfast check with your school to see if breakfast is offered.

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It feels great to Keep Moving!

(Even when you are not at run/walk club)



The recommendation for kids is to stay moving for at least 60 minutes every day, at least 5 days per week.

A few tips to stay active:

- Stay active at least 60-90 minutes every day by breaking up the activity throughout the day.
- Make it a family event and include everyone.
- Take a walk after dinner.
- Plan a dance party on the weekends with just the family.
- Purchase bikes, balls, hula hoops and jump ropes for gifts to encourage increased activity.
- Make a plan for each week to include what days you will walk or run.

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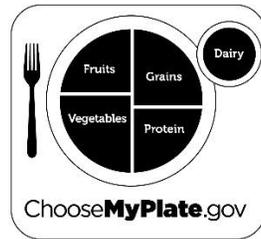
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A Healthy Plate = My Plate



Do you ever worry about kids getting enough balance in their diet? A great way to compare what your kids eat to a balanced meal is to look at My Plate. My Plate took the place of the Food guide pyramid a few years ago. It still contains the 5 food groups which are represented by portion sizes on the plate. The five food groups are: Fruits, vegetables, grains, proteins and dairy. A balanced plate will fill half the plate with fruits and vegetables a handful size of lean protein and a handful size of whole grains. A dairy products such as low fat or skim milk, cheese or yogurt provides protein and calcium to a well-balanced meal.

For more information about My Plate visit:

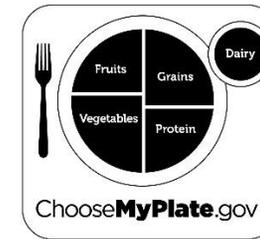
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Eating the Rainbow of healthy colors



****Children need at least 5 servings of fruit or vegetables per day.**

A serving consists of: 1 cup raw, ½ cup cooked or canned, 1/3 cup dried fruit or vegetable or 1 medium sized whole fruit.

Each color of the rainbow offers a different vitamin, mineral and phytochemical. Fruit and vegetables also offer fiber and water which contribute to overall good health.

Some fun ways to get in the recommended amount of fruits and vegetables include:

1. Smoothies
2. Ants on a log (celery stick with nut butter and raisins)
3. Bananas with nut butter
4. Sliced carrots and cucumber in low-fat ranch

**For more fun fruit and vegetable snack ideas visit:
www.fruitandveggiesmorematters.org**

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Filling the plate with lean proteins

Foods that contain protein are good for muscles and making the body stronger.

Foods that contain protein include: eggs, beef, chicken, fish, pork, soy products, nuts, nut butter, milk, yogurt and dark leafy green vegetables.

Protein foods should be baked, grilled or broiled. Fried foods should be limited.

Ways to include more protein are:

1. Eat eggs or yogurt for breakfast
2. Make a fruit smoothie with yogurt or milk
3. Eat leftover chicken or turkey for lunch on bread
4. Make a tofu stir fry for dinner
5. Add nuts and dried fruit to make a trail mix for a healthy snack
6. Drink milk with each meal

For more ideas to include protein go to:

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Choose low fat dairy

After the age of 2 children no longer need whole fat dairy products.

Choosing low fat and skim milk, low fat and no fat yogurts and 2% cheeses will still provide the body with the same amount of protein, calcium and vitamins that are in whole fat dairy products.



Whole fat and reduced fat (2%) milk and yogurts provide extra calories and fat that are not needed in a child after the age of 2.

Dairy products provide calcium and Vitamin D which is important for growing bones and teeth and they should include at least 3 servings of dairy per day.

If a child does not tolerate milk products other fortified milks and yogurts can be used.

For more information visit: www.fueluptoplay60.com



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Whole Grains are Healthier

When choosing whole grains consider reading the label and looking for the words “whole grains”, “whole wheat (or other grain)”, brown rice, wheat berries or oats.

Pasta, rice and breads should all be brown or have “whole grain” on their label.

Choosing whole grain will provide the body with energy, fiber, vitamins and minerals that will keep the body strong.



Ways to include more whole grains are:

1. Eat whole wheat toast with nut butter at breakfast.
2. Choose oatmeal for breakfast.
3. Choose whole wheat bread for sandwiches for lunch time.
4. Make spaghetti night with brown pasta.
5. Serve brown rice or quinoa with dinner.
6. Snack on plain popcorn.

For more information on whole grains visit: <http://wholegrainscouncil.org/>

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Choosing healthy fats and Avoiding unhealthy fats



Fat is an important part of a nutritious diet.

There are healthy fats and unhealthy fats.

Healthy fats include:

Monounsaturated Fats- Olive oil, Avocados, Nuts

Polyunsaturated Fats- Salmon, Walnuts, Flaxseed

Unhealthy fats include:

Saturated fats- ice cream, whole milk, visible fat in meat products, palm oils.

Trans fats-Margarine, Cookies, frozen pies, frozen pizzas

Although the body needs fat, limiting bad fats will contribute to a healthy lifestyle.

For more information visit:

<http://www.cdc.gov/nutrition/everyone/basics/fat/index.html>

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Seasonal ideas to expand the weekly tip

Back to School- September

Food Day- October

Sugar –October

Classroom Parties- October

Festive Fun Runs- November, December

Getting back into the groove and New Year
Resolutions- January

Heart Healthy Month- February

National Nutrition Month- March

End of year fun runs- April

Food Revolution Day-May

If you need more weekly tip ideas please
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