

January 2012 - Calories Out and Calories In, Tips to Increase Family Wellness

Presented by the Parkland Health and Wellness Council



Calories Out: Exercise and Your Kids

Exercise and physical activity are important elements of childhood development. There are numerous physical and mental benefits of exercise for kids. Kids should exercise frequently and pick fun activities that interest them. Also, parents should play an important role by encouraging their children to engage in exercise and physical activity often.

Benefits of Exercise for Kids-

Kids experience many of the same benefits as adults. For example, exercise can help kids build stronger bones and muscles and decrease their risk for conditions such as diabetes, high blood pressure, and obesity. Also, according to a recent review article in the Educational Psychology Review by Philip D. Tomporowski and colleagues, exercise can increase children's mental functioning and thus cognitive development. Therefore, exercise can provide both physical and mental benefits for kids.

How Much Exercise do Kids Need- The National Association for Sports and Physical Education (NASPE) has developed specific guidelines detailing how much kids of all ages should exercise.

Toddlers (ages 1 and 2 years)=at least 30 minutes of structured exercise each day

Pre-school-aged children (ages 3, 4, and 5) = at least 60 minutes of structured exercise each day

NASPE also recommends toddlers and pre-school-aged kids get additional time daily for unstructured exercise, movement and play.

Calories In: Pizzadillas with Red Sauce Recipe

Ingredients:

- 4 whole-wheat tortillas
- 2/3 cup fresh or frozen spinach, finely chopped
- 2/3 cup part-skim mozzarella cheese, shredded
- 1 cup marinara sauce (store-bought or homemade)
- Cooking spray

Preparation:

1. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
2. Top with remaining 2 tortillas.
3. Place skillet over medium heat. Lightly coat pan with cooking spray.
4. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
5. Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
6. Remove pizzadilla and cut into triangles
7. Serve with marinara sauce for dipping.
8. You can wrap and refrigerate leftovers to take to school for lunch.



Makes 4 servings, Serving Size ½ a pizzadilla, Calories 170, Calories from fat 45, Total Fat 5 g (sat fat 2.5 g), Cholesterol 10mg, Sodium 550 mg, Carbohydrates 27g, Fiber 4g, Sugar 3g, Protein 10g

The Parkland Community Advisory Council (CAC) Invites You to Our January Meeting

The January CAC meeting topic will be "PSD Budget Process: Questions and Answers" and given by Richard T. Sniscak, Superintendent and John Vignone, Director of Business Administration on Thursday, January 19, 2012 at 7:00 p.m. at the Administration Center. The public is invited to attend.