

# Spring into Action!

## Look inside for:

- Find Local Walking, Hiking and Biking Trails
- Take Part in the “CT Hiking Challenge”
- Turn your Walk into a Treasure Hunt with Letterboxing
- Safety while Hiking: Enjoy your Time Outdoors
- Make Walking a Family Affair
- Pedestrian Safety for Parents and Children (English and Español)
- Ride Your Bike Safely (English and Español)
- Get Moving Today with the May Ideas! (English and Español)
- “Eat Real Food, not Junk Food,” Chapter 5: A Year of Being Well by the Michael and Susan Dell Foundation (English and Español)

For more information on ways to lead a healthier lifestyle visit our website [getheathyct.org](http://getheathyct.org)

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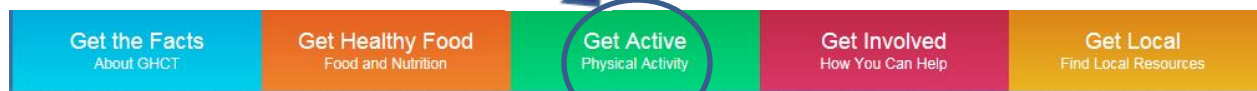
**May 2015**





# Get Active with GetHealthyCT.org

If you are looking for local walks, hiking and biking trails, check the Get Healthy CT Physical Activity page.



## Road Races/Walks, Hiking & Biking Trails

*Check out these websites to find local road races and walks:*

- [HI-TEK Racing](#)
- [Road Race Runner](#)
- [Running in the USA](#)
- [Find A Race Event](#)

*Check out these websites to find local hiking trails:*

- [HikeCT.com](#)
- [Trails.com: Best Hiking in Connecticut](#)
- [Appalachian Trail Conservancy: Hikes – Connecticut](#)
- [Tripleblaze: The Best Hiking Trails in Connecticut](#)
- [State of Connecticut: State Parks and Forests Maps \(Hiking Maps\)](#)
- [Bring Fido \(Dog friendly trails\)](#)

*Check out these websites to find local road biking trails:*

- [TrailLink: Bike Trails in Connecticut](#)
- [Trails.com: Best Road Biking in Connecticut](#)
- [Connecticut Bike Routes](#)

*Check out these websites to find local mountain biking trails:*

- [Connecticut Living: Connecticut Biking Guide](#)
- [Bikekinetics: Connecticut Mountain Bike Trails](#)
- [Trails.com: Best Mountain Biking in Connecticut](#)

# CT Announces Hiking Challenge

Connecticut is giving hikers the chance to win prizes.

Connecticut's Department of Energy and Environmental Protection has announced it will give hikers the opportunity to win prizes for hiking Connecticut's high peaks as part of a new program – "The Sky's the Limit" 2015 Hiking Challenge, designed to promote hiking in Connecticut's state parks and forests throughout 2015.

Participants in the competition have the opportunity to receive a medallion for hiking up 10 designated locations. For hiking up all 14 designated high peaks, 50 families will receive a hiking staff. Names will be drawn from all who completed the 14 designated hikes on January 1, 2016.

For more information visit: [www.NoChildLeftInside.org](http://www.NoChildLeftInside.org)

To participate in the Sky's the Limit Challenge, take the following steps:

**Step 1:** Hike at one of the 14 CT State Parks or Forests listed below.

**Step 2:** Snap two photos of yourself – one with a picture of the State Park or Forest shield sign and one at the location listed below.

State Park & Forest Photo Locations (not all locations are open year round, so remember to check [www.ct.gov/deep/StateParks](http://www.ct.gov/deep/StateParks) to confirm and plan accordingly):



1. Dennis Hill State Park, Dennis Hill Pavilion, Route 272, Norfolk
2. Fort Griswold Battlefield State Park, from the top of the monument, Park Ave., Groton
3. Haystack Mountain State Park, Haystack Mountain Tower, Route 272, Norfolk
4. Hurd State Park, Split Rock Vista, Route 151, East Hampton
5. Lovers Leap State Park, Scenic Vista along Falls Mountain Trail, Grove St., New Milford
6. Macedonia Brook State Park, Scenic Vista, 159 Macedonia Brook Rd., Kent
7. Mohawk Mountain State Forest, Mohawk Scenic Vista, 20 Mohawk Mountain Rd., Goshen
8. Mount Tom State Park, Mount Tom Stone Tower, Route 202, Litchfield
9. Pachaug State Forest Chapman Area, Mount Misery Overlook, Route 49, Voluntown
10. Shenipsit State Forest, Soapstone Mountain Observation Tower (currently closed).
11. Sleeping Giant State Park, Stone Observation Tower on the Peak of Mt. Carmel, 200 Mount Carmel Ave., Hamden
12. Southford Falls State Park, Fire Tower, 175 Quaker Farms Rd., Rt. 188, Southbury
13. Talcott Mountain State Park, Heublein Tower, Route 185, Simsbury
14. West Rock Ridge State Park, Scenic Vista by the Upper Pavilion, Wintergreen Ave., Hamden

**Step 3:** Email your photos (a picture of the shield sign and photo of yourself at the above 10 locations), along with your name and home address to receive a medallion to [deep.stateparks@ct.gov](mailto:deep.stateparks@ct.gov) or mail to CT DEEP State Parks, Sky's the Limit, 79 Elm St., Hartford, CT 06106, emailed or postmarked by December 11, 2015.

**Step 4:** Email your photo (a picture of the shield sign and photo of yourself at the above 14 locations), along with your name and home address to [deep.stateparks@ct.gov](mailto:deep.stateparks@ct.gov) or mail to CT DEEP State Parks, Sky's the Limit, 79 Elm St., Hartford, CT 06106, emailed or postmarked by December 11, 2015 and you will be entered to win one of 50 hiking staffs, you do not need to be present the day of the drawing. On January 1, 2016, the winners will be chosen at one of the First Day Hikes.





## Do you like treasure hunts?

Do you like to exploring parks, forests and cities?

Then you need to try letterboxing.

Letterboxing is a fun, intriguing pastime that sends people on "treasure-hunts" in parks, forests, and cities around the world. Participants seek out hidden letterboxes by cracking codes and following clues. Small boxes are hidden in various locations--usually outdoors, though some are planted indoors as well--and the creator of the box will release clues so others can find them. The box is expected to have a logbook that finders can log into and a stamp that the finder can stamp into their own personal logbook as a record of all the letterboxes they've found. The finder of the letterbox will stamp their personal stamp into the logbooks found inside letterboxes so others who find the letterbox later know they found it.

Letterboxes can be hidden almost anywhere. Most are planted in scenic, outdoor areas, but others have been planted in bookstores, libraries, zoos, pubs, coffee shops, cemeteries and playgrounds.

### What do you need to start?

1. Clues - you can find clues on these websites: [Letterboxing.org](http://Letterboxing.org) or [Atlasquest.com](http://Atlasquest.com)
2. A trail name that you can make up
3. Stamp, ink pad, logbook and pen/pencil
4. Compass (some boxes require a compass)

**Other things you may want:** gloves, water, snacks, sunglasses, hat, mosquito repellent, cell phone, flashlight, first-aid kit, and anything else that would ensure your safety, comfort, and general well-being

### Here is a sample clue for a letterbox on New Haven:

#### Butterfly at Lighthouse Park

*Go to Lighthouse Park, park if you need to and find the Butterfly Garden located along the main road (not turning right towards the beaches and lighthouse). From the butterfly garden, cross the main road and walk southward along it about 40-45 paces, then start searching low to the ground, where the box is sheltered by a large rock. This letterbox has Monarch butterfly stamp in honor of the migrating butterflies that pass through the park every September and was placed by kids in the Learning Collective of Middletown, CT.*

**For more information and to find your first clues check out these websites:**

1. [Letterboxing.org](http://Letterboxing.org)
2. [AtlasQuest.com](http://AtlasQuest.com).



# Safety While Hiking: Enjoying Your Time Outdoors

**The Hiker Responsibility Code** is a set of principles that all hikers can look to before they hit the trail. Similar to the Skier's Responsibility Code endorsed by the National Ski Areas Association, the Hiker Responsibility Code was created to help hikers become more self-aware about their responsibility for their own safety every time they are on a hike. It also acknowledges the inherent danger of hiking in the backcountry, and encourages hikers to be better prepared every time they are on the trail. The Hiker Responsibility Code was developed and is endorsed by the White Mountain National Forest and New Hampshire Fish and Game.

## Travel responsibly on designated roads, trails and areas.

- Stay on the trail even if it is rough or muddy.
- Walk single file to avoid widening the trail.
- Spread out in open country where there are no trails rather than following each others' footsteps—this avoids creating a new trail and disperses your impact on the land.
- Comply with all signs and respect barriers. Buddy up with two or three hikers to reduce vulnerability in case of an accident.

**Do your part** by modeling appropriate behavior, leaving the area better than you found it, properly disposing of waste, minimizing the use of fire, avoiding the spread of invasive species and restoring degraded areas.

## Respect the rights of others

- Respect the rights of others, including private property owners, all recreational trail users, campers and others so they can enjoy their recreational activities undisturbed.
- Be considerate of others on the road or trail.
- Leave any gates as you found them.
- Proceed with caution around horses and pack animals. Sudden, unfamiliar activity may spook animals, putting you in danger.
- When you encounter horses on the trail, move to the downhill side of the trail. Stop and ask the rider the best way to proceed.
- Keep your companion animals under control to protect yourself, other people and wildlife.
- If crossing private property ALWAYS ask permission from the landowner.
- Keep noise to a minimum.

## Hiker Responsibility Code:

### You are responsible for yourself, so be prepared...

1. ...with knowledge and gear. Become self-reliant by learning about the terrain, conditions, local weather and your equipment before you start
2. ...to leave your plans. Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.
3. ...to stay together. When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.
4. ...to turn back. Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.
5. ...for emergencies. Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.
6. ...to share the hiker code with others.

## Educate yourself and take care

Educate yourself prior to a trip by obtaining travel maps and regulations from public agencies, planning for your trip, taking recreation skills classes and knowing how to operate your equipment safely.

- Obtain a map of your destination and determine which areas are open to you.
- Make a realistic plan and stick to it. Always tell someone your travel plans.
- Contact the land manager for area restrictions, closures and permit requirements.
- Check the weather forecast for your destination and plan accordingly for supplies, clothing and equipment. Don't neglect appropriate footwear in all weather.
- Carry a compass or a GPS unit and know how to use it.
- Carry water and emergency supplies even on short hikes.
- Dress in layers and always carry a jacket to be prepared for quickly-changing weather conditions.
- Never allow the weight of your pack to exceed one third of your body weight.
- Avoid sensitive areas such as meadows, lakeshores, wetlands, streams, seasonal nesting or breeding areas.
- Do not disturb historical, archeological or paleontological sites.
- Keep your distance from wildlife.
- Remember that motorized and mechanical vehicles are not allowed in designated Wilderness Areas.



# Make Walking a Family Affair

On average, kids are spending four hours a day in front of a screen — a TV, computer or hand-held device. That's four hours they are sitting — and not moving. It's no wonder that childhood obesity has more than doubled in the past 30 years.

So, how do you motivate your child to put down the video-game controller and walk his or her way to better health?

1. Don't call it "a walk"
  - To an energetic youngster, going for a walk sounds ... boring. You might frame it as an "adventure" or "exploration." For younger children, make up a story as you walk (and have them chime in to fill in some of the details). Are you on a journey seeking out dragons and trolls? Or maybe in search of a magic tree trunk or mystical rock. You'll not only be stretching your legs, but your imaginations too!
2. Get out the map and compass
  - If you have a map of your town, let your kids pick out the walking area. Maybe it's downtown, where the end goal is a lemonade at the corner store or maybe it's a wooded area around a stream or pond. The kids will be learning how to read a map, and you'll all have fun seeing what's on paper come to life.
3. Pack a picnic
  - Your walking destination could be a nearby field or public park. Bring a blanket and healthy lunch to enjoy while you take in the sites.
4. Create a contest
  - Maybe you race up a hill or the stairs of the library or see how many multi-colored leaves you can collect. See who can hop on one foot the longest during your journey.
5. See what you can see
  - Play a game of I Spy. Who can spot an insect? How about a branch that looks like a fork? Bring a book with you, too, of popular birds or plant life — see how many of the items you can identify.
6. Know your limits
  - The older the child, the longer the walk can be. Only walk as far out as you know you can all walk back. The last thing you need is to be carrying your kids for a mile because they are too tired or their feet hurt!
7. Dress appropriately
  - If it looks like rain, be sure to bring an umbrella or other appropriate rain gear. In bright sun, wear loose clothing and hats (and sunscreen!). Be sure to wear comfortable sneakers or hiking boots. If you will be exploring the woods, bring bug spray to ward of mosquitos and ticks.
8. Take a camera
  - Let your kids play photographer. They'll have fun capturing each other on film, as well as bugs, flowers and scenic views.
9. Bring a buddy
  - Kids do much better when they have a friend to share the adventure. You should bring a friend, too!
10. Take an "if you can't beat 'em, join 'em" approach
  - Use the screen/device during your walk and check out all sorts of free apps like Map My Run, Runkeeper, Fitocracy, MyFitnessPal and more. These let you track your walks and/or map your exercise routes, and you can link up to friends to share info or compete for distance or number of steps. At least the time spent on the handheld or computer will be working towards fitness!
11. Geo caching
  - Do some actual treasure hunting and find a specific location using a GPS-enabled device. (Learn more at [geocache.com](http://geocache.com).)
12. Rules of the road
  - Quiz your kids on walking safely. If you come to a crosswalk, ask them what it is and why it is important. Before crossing any street, make sure they know to stop, look and listen; and, in particular, look to the left, right and left again before stepping into the road. When walking on a busy roadway with no sidewalks, you should always walk against oncoming traffic.



# Tips for Parents and Other Adults For Teaching Pedestrian Safety to Children

## SafeRoutes

National Center for Safe Routes to School



TIP SHEET

Walking is a fun and healthy way to spend time with your children while teaching them skills that can serve them well throughout life. The walk to school is a great time to use these safety tips.

### Be a walking role model

Children learn through experience. Walking with parents or another caregiver is an important way for children to practice crossing real streets and picking safe places to walk. There is no magic age when children are old enough to walk without an adult. But, as a parent, you should decide when your child has the skills and experience to deal with traffic safely without you.

As you walk with your child, remember these safety tips:

- Wear bright-colored clothes, and carry flashlights or wear reflective gear if it is dark or hard to see.
- Look for traffic at every driveway and intersection. Be aware of drivers in parked cars that may be getting ready to move.
- Obey all traffic signs and signals.
- Cross the street safely:
  1. Stop at the curb or edge of the street.
  2. Look left, right, left and behind you and in front of you for traffic.
  3. Wait until no traffic is coming and begin crossing.
  4. Keep looking for traffic until you have finished crossing.
  5. Walk, don't run across the street.



### Choose the safest route to school

Select a walking route with less traffic and intersections.

- Pick places where there are sidewalks or paths separated from traffic. If there are no sidewalks or paths, walk as far from the motor vehicles as possible and, if possible, on the side of the street facing traffic.
- Limit the number of street crossings. When available, cross at a location with an adult school crossing guard.
- Avoid crossing busy or high-speed streets.

### Understand your children's limitations

Children are not small adults. It will take time and practice for a child to develop the ability to deal with lots of traffic. Over time, children develop the ability to accurately judge the speed and distance of oncoming traffic. Young children may think that a car is able to stop, when in fact, it is not. Also, children may think that if they can see a driver, the driver can see them. But, children are smaller and harder for drivers to see. Get down to a child's height to experience their perspective and see what they see.

# Sugerencias para padres y otros adultos sobre enseñar seguridad peatonal a los niños

## SafeRoutes

National Center for Safe Routes to School



TIP SHEET

Caminar es una manera saludable y entretenida de pasar tiempo con sus niños mientras se les enseñan aptitudes que les pueden ser útiles para toda la vida. La caminata a la escuela es un momento ideal para poner en práctica estas sugerencias de seguridad.

### Sea un modelo de caminante

Los niños aprenden a través de la experiencia. Caminar con los padres o con un proveedor de cuidados es una manera importante de que los niños practiquen cruzar calles reales y escojan lugares seguros para caminar. No hay ninguna edad mágica en la cual los niños sean lo suficientemente mayores como para caminar sin un adulto. Pero, como padre, usted debe decidir cuándo tiene su niño las aptitudes y experiencia necesarios para enfrentarse al tráfico con seguridad sin usted.

Camino a la escuela con su niño, recuerde estas sugerencias de seguridad:

- Lleve ropa de colores brillantes y una linterna o ropa reflectora si está oscuro o es difícil ver.
- Manténgase atento al tráfico en todas las salidas de autos e intersecciones. Esté consciente de conductores en autos estacionados que estén preparándose para ponerse en marcha.
- Obedezca todas las señales de tráfico.
- Cruce la calle con seguridad:
  1. Pare en el bordillo de la acera o el borde de la calle.
  2. Mire hacia la izquierda, la derecha, atrás y adelante para ver si hay tráfico.
  3. Espere hasta que no haya tráfico para comenzar a cruzar.
  4. Siga mirando para ver si vienen vehículos hasta que haya terminado de cruzar.
  5. Camine, no corra para cruzar la calle.

Cuando su niño esté listo para ir solo a la escuela, haga que siga la ruta que determinaron juntos y que vaya con un amigo cuando sea posible.



### Escoja la ruta más segura para llegar a la escuela

Seleccione una ruta a pie con menos tráfico e intersecciones

- Escoja lugares con aceras o senderos alejados del tráfico. Si no hay ni aceras ni senderos, camine lo más lejos posible de los vehículos motorizados y, si es posible, de frente a los vehículos que se acercan.
- Limite el número de cruces de calles. Cuando sea posible, cruce en un lugar en que haya un guardia adulto de cruce escolar.
- Evite cruzar las calles con mucho tráfico o con tráfico que se desplace a alta velocidad.

### Entienda las limitaciones de su niño

Los niños no son adultos de baja estatura. Se necesita tiempo y práctica para que un niño desarrolle la capacidad de enfrentarse a un gran volumen de tráfico. Con el tiempo, los niños desarrollan la capacidad de juzgar correctamente la rapidez y la distancia de los vehículos que se aproximan. Los niños pequeños pueden pensar que un auto puede parar cuando, de hecho, ya no es posible. Además, los niños pueden pensar que si ellos pueden ver al conductor, el conductor puede verlos a ellos. Pero los niños son pequeños y difíciles de ver para los conductores. Baje a la altura de un niño para sentir lo que sienten y ver lo que ven.



# Ride Your Bike Safely

Bicycling can be a fun way to get to school. Review these safety points before you ride.

## Before riding your bike

- **Talk with your parents.** Are you allowed to ride by yourself or with friends? What route will you ride to school?
- **Practice riding the route to school with your parents.** Doing so will help you know where to stop, signal, and walk your bike.
- **Dress to be seen.** Wear brightly colored clothes and reflective gear, such as a reflective vest, book bag tags, or pant leg straps. Remember, just because you can see a driver doesn't mean the driver can see you.
- **Tie and tuck.** Loose laces and pant legs can get caught up in your bike and cause you to crash. Tie shoelaces and tuck the hanging ends into your shoe, and tie wide pant legs with a reflective strap or tuck them into socks.
- **Check your bike for safety.** Make sure the tires have enough air, the brakes and gears work, the chain isn't loose, and the wheels and bolts are tight. You should also have reflective gear on your bicycle. Have your parents help you fix anything that's not right.
- **Put on your helmet.** Make sure it's properly adjusted, fitted, and buckled. See sidebar for instructions on checking helmet fit.



## While riding your bike

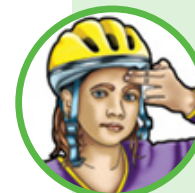
- **Look and listen for traffic.** Also, look for things that could make you fall, like potholes and storm grates. Never use a cell phone or wear headphones.
- **Watch for vehicles going in and out of driveways.**
- **Keep both hands on the handlebars, except when signaling.** Carry books and other items in a backpack or bag designed to fit on a bicycle.
- **Stop before crossing the street, entering a road, or turning.** Look left, right, left, and behind you for traffic, including pedestrians, bicycles, and cars.

If you are allowed to ride in the street,

- **Ride single file and in the same direction as cars.**
- **Ride to the right side of the road,** but far enough from parked cars to avoid any car doors that suddenly open.
- **Obey traffic laws.** Follow all traffic signs, signals, and lane markings.
- **Be predictable.** Ride in a straight line, not in and out of cars. Use hand signals.

## Take the helmet fit test

Put your helmet flat on your head. If it moves when you shake your head, you need to tighten your helmet or get a smaller one. Check:



**Eyes:** The helmet should sit low on your forehead – two finger widths above your eyebrows.



**Ears:** With the helmet buckled, the straps should meet just below the ears.



**Mouth:** When buckled, you should be able to fit no more than two fingers between the buckle and chin.

These tips include concepts from the National Highway Traffic Safety Administration, Safe Kids Worldwide and Bicycle Coalition of Maine.

# Andar en tu bicicleta con seguridad

El andar en bicicleta puede ser una manera divertida de llegar a la escuela. Ten en cuenta estos consejos antes de andar en tu bicicleta.

## Antes de andar en tu bicicleta

- **Habla con tus padres.** ¿Estás permitido/a andar solo/a o con amigos? ¿Qué ruta tomarás hacia la escuela?
- **Practica andando por la ruta hacia la escuela con tus padres.** Esto te ayudará saber donde parar, señalar y caminar con tu bicicleta.
- **Vístete apropiadamente.** Lleva ropa de colores llamativos y equipo reflector, como un chaleco, etiquetas en tu mochila o una correa reflector en tus pantalones. Recuerda, solo porque puedes ver a un conductor no significa que el conductor te puede ver a ti.
- **Amarra y dobla.** Los cordones de tus zapatos y tus pantalones pueden enredarse en tu bicicleta y causar un accidente. Amarra tus cordones y mete las puntas sueltas en tu zapato y remanga tus pantalones con una correa reflectora o mételas en tus calcetines.
- **Revisa tu bicicleta antes de salir.** Asegúrate de que las llantas tengan suficiente aire, que los frenos y los cambios funcionen, que la cadena no esté suelta y tanto las ruedas como los tornillos estén apretados. También debes tener equipo reflector en tu bicicleta. Pide que tus padres te ayuden con cualquier cosa que no esté bien.
- **Ponte el casco.** Asegúrate que esté correctamente ajustado y abrochado. Lee el texto enmarcado para las instrucciones de cómo colocarte el casco.



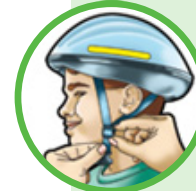
## Haz la prueba del casco

Ponte el casco. Si está flojo cuando muevas la cabeza, ajústalo más o consigue uno más pequeño.

Revisa que:



**Ojos:** El casco este situado bajo tu frente – mas o menos a dos dedos de ancho de las cejas.



**Orejas:** Con el casco abrochado, las correas deben juntarse justo debajo de las orejas.



**Boca:** Después de abrochar el casco, deben entrar no más de dos dedos entre el broche y la barbilla.

## Cuando estás andando en tu bicicleta

- **Presta atención y escucha el tráfico.** Esté pendiente de cosas que pueden causar que te caigas, como baches y coladeras de desagüe. Nunca uses un celular o llesves audífonos.
- **Fíjate en los vehículos entrando y a saliendo de las entradas de carros.**
- **Mantén las dos manos en el manubrio, excepto cuando estés señalando.** Lleva libros y otros artículos en una mochila o bolsa diseñada para bicicletas.
- **Antes de cruzar la calle, entrar a una calle o doblar,** mira hacia la izquierda, derecha, detrás de ti, y una vez más hacia la izquierda. Fíjate si hay peatones, bicicletas y autos.

Si tienes permiso de tus padres para andar en la calle,

- **Anda por un solo carril y en la misma dirección que los autos.**
- **Anda por el lado derecho de la calle,** pero suficientemente lejos de los autos estacionados para evitar accidentes causados por puertas de carro que se pueden abrir sin aviso.
- **Obedece las leyes del tráfico.** Sigue todas las señales de tráfico y líneas de señalización vial.
- **Mira antes de salir.** Anda en una fila recta, no te metas entre los autos. Usa señales de mano.



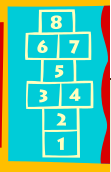



Estos consejos incluyen conceptos de National Highway Traffic Safety Administration, Safe Kids Worldwide y Bicycle Coalition of Maine.



# MAY

## Get Moving Today!



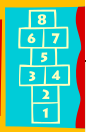



## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Take a walk. Each time you see a sign of spring do 10 jumps for joy.</p> 	<p>Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.</p>	<p>Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.</p>	<p>Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.</p>	<p>Log Rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.</p>	<p>Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zigzag line.</p> 	<p>Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.</p>
<p>Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! ☺</p>	<p>Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).</p>	<p>Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.</p>	<p>Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.</p>	<p>Say the ABC's by putting your body into the shape of each letter.</p>	<p>Go for a walk – breath in the air as you swing your arms and hold your head high.</p>	<p>Can you skip? Give it a try – step, hop, step, hop.</p>
<p>Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes.</p> 	<p>Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.</p>	<p>Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.</p>	<p>Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage.</p> 	<p>What animals do you see in the spring? Act them out.</p>	<p>Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.</p>	<p>Pick up your room! Each time you pick something up do five jumps before you put it away.</p>
<p>Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping.</p>	<p>Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.</p>	<p>Nature Statues Game: Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10.</p> 	<p>Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.</p>	<p>Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.</p>	<p>Do the Opposite! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.</p>	<p>Pretend to play your favorite instrument and go on a parade around the yard.</p>
<p>All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?</p>	<p>Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.</p>	<p>Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.</p>	<p>Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.</p>	<p>Motions of the Weather: Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative!</p>	<p>Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big.</p>	<p>Go back and repeat the activities that you really enjoyed this month!</p> 

# MAYO

## "A Moverse Hoy"!

## CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sal a caminar. Cada vez que veas un símbolo de la primavera da 10 saltos de alegría.</p> 	<p>Movimientos del clima. Usa tu cuerpo para pretender que eres diferentes tipo de clima. Lluvia, viento, trueno, nieve...se creativo.</p>	<p>Practica tus lanzamientos. Encuentra un blanco grande y lanza tan fuerte como puedas contra él. Haz énfasis en dar un paso al frente con el pie "contrario".</p>	<p>Carrera de arcoíris. Nombra los colores del arcoíris. Corre a tocar tres cosas de cada color.</p>	<p>Troncos rodantes – encuentra un lugar seguro en casa y practica rodar en línea recta. Usa tus músculos.</p>	<p>Carrera tonta – Sal a correr. Corre en línea recta, línea curva y luego en zigzag.</p> 	<p>Pretende que tu codo o tu pie es un crayón grande y muévete alrededor de tu casa coloreando el más bello dibujo.</p>
<p>¿Puedes brincar? Pretende que tu casa está llena de pozos y tu trabajo es brincar por encima de todos ellos. No te mojes ☺</p>	<p>Encuentra una tarea que te haga mover mejor (clasificar la ropa mejora los lanzamientos; barrer el piso mejora tu fuerza).</p>	<p>Enciende la música y pide a mamá o papá que bailen contigo. Diles que tienen que bailar al menos dos canciones.</p>	<p>Juego de las estatuas – Equilibra tu cuerpo y mantén la posición mientras cuentas hasta 10. Intenta una posición más difícil.</p>	<p>Canta el ABC mientras moldeas tu cuerpo en la forma de cada letra.</p>	<p>Sal a caminar – inspira el aire mientras balanceas tus brazos y mantienes la frente en alto.</p>	<p>¿Puedes salticar? Inténtalo – paso, salto, paso, salto.</p>
<p>Corta una cantidad de formas diferentes; ponlas en un montón y luego trata de moldear tu cuerpo en cada una de esas formas extrañas.</p> 	<p>Encuentra diferentes tipos de zapatos en tu casa. Pretende moverte con cada tipo de zapato. Pisa fuerte con las botas, salta en las zapatillas, deslízate en los patines.</p>	<p>Ponte tonto hoy e inventa un sonido o palabra. Luego inventa la acción que va con la palabra o el sonido.</p>	<p>Sal afuera y recoge basura. Usa diferentes movimientos para andar entre nuevos pedazos de basura.</p> 	<p>¿Que animales vez durante la primavera? Imita a cada uno.</p>	<p>Sal y explora la velocidad – trata de moverte rápido. Ahora muévete bien despacio. Practica cambiando tu velocidad entre rápido y despacio.</p>	<p>Limpia tu habitación– Cada vez que levantes algo salta cinco veces antes de guardarlo.</p>
<p>Pide a alguien que te ayude a hacer una rayuela usando platos de papel. Practica saltando de uno o dos pies.</p>	<p>Practica tus habilidades de rodar una pelota rodándola de ida y vuelta con otra persona. Cada vez que ruedas la pelota da un paso hacia atrás – inténtalo nuevamente.</p>	<p>Juego de Estatuas de la Naturaleza. Nombra algo que verías en la naturaleza y pon tu cuerpo en esa forma. Trata de mantenerte en esa forma mientras cuentas hasta 10.</p>	<p>Conviértete en una nube. Mira las nubes en el cielo y cambia tu cuerpo a todas las formas que vez – luego flota en el espacio alto, bajo, rápido y lento.</p>	<p>Dibuja unas líneas en la veranda con tiza. Practica saltando sobre ellas. Asegúrate doblar las rodillas y usar los brazos para impulsarte alto y lejos. Recuerda aterrizar suavemente.</p>	<p>¡Haz lo contrario! Trabaja en hacer movimientos opuestos, tales como correr rápido y lento, llegar a altas y bajas, marchar suave y duro.</p>	<p>Pretende tocar tu instrumento favorito y ve de desfile alrededor del patio.</p>
<p>¡Todos a bordo! Encuentra una toalla grande o una manta y extiéndela en el suelo. Párate encima de ella, muévete en ella, y luego dóblala un poco. ¿Todavía es posible ponerse de pie y moverse en ella? Dóblala de nuevo - muévete de nuevo. ¿Qué tan pequeña puedes volver la toalla?</p>	<p>Toma 5 minutos – camina hacia cada espacio de tu hogar y haz un baile chistoso que haga reír a tu padre/cuidador. Pídeles que imiten el baile contigo.</p>	<p>Sal afuera y juega a la pelota. Sigue la pelota con tus ojos y muévete hacia donde la pelota este yendo.</p> 	<p>Lee tu rima infantil favorita y aumenta movimiento para representar las acciones y poder contarla con el cuerpo.</p>	<p>Mociones del clima. Usen sus cuerpos para pretender ser diferentes tipos de clima. Lluvia, viento, trueno, nieve...sean creativos.</p>	<p>Pon tu cuerpo en una bola pequeña y al contar hasta tres salta al aire, estirándote lo mas que puedas para que seas bien grande.</p>	<p>¡Vuelve y repite tus actividades favoritas que disfrutaste este mes!</p> 



## A Year of Being Well

For the 2015 monthly health features, Get Healthy CT is going to feature a chapter every month from a wonderful book called A Year of Being Well produced by the Michael and Susan Dell foundation. This book contains messages from real families across the country on their journey to live healthier lives and is meant to be a guide for you and your family's journey to better health. Use this guide to help meet your health goals and spark a discussion with your family, friends, coworkers and members of your community.

This book "is intended to help you take a single step – one each month for a year – toward healthy living. There are specific examples of how moms, dads, and kids cut down on sugar- sweetened beverages, ate more fruits and vegetables, became more physically active, and started movements in their schools and communities. These families have also shown us that being healthy doesn't necessarily mean being thin. This new book is also meant to give you some resources where you can find even more information on eating and living better." – Susan Dell

Para los artículos de salud mensuales 2015, Get Healthy CT va a presentar un capítulo cada mes de un libro maravilloso llamado A Year of Being Well (Un Año de Estar Bien) producido por la fundación de Michael y Susan Dell. Este libro contiene mensajes de familias reales de todo el país en su camino para vivir una vida más saludable y es para que usted lo use como guía mientras que usted y su familia continúan en su camino hacia una vida más saludable. Utilice esta guía para ayudarlo alcanzar sus metas de salud y para provocar una conversación con su familia, amistades, compañeros de trabajo y miembros de su comunidad.

Este libro "está diseñado para ayudarlo a dar un solo paso – uno cada mes durante un año – hacia una vida saludable. Contiene ejemplos específicos de mamás, papas, e hijos que redujeron su consumo de azúcar, bebidas endulzadas con azúcar, como comieron más frutas y verduras, emprendieron más actividad física, e iniciaron movimientos en sus escuelas y comunidades. Estas familias también nos han demostrado que estar sanos no significa necesariamente estar delgados. Este nuevo libro también es para brindarle algunos recursos donde pueda encontrar más información sobre comer y vivir bien." – Susan Dell

### A Year of Being Well ----Table of Contents

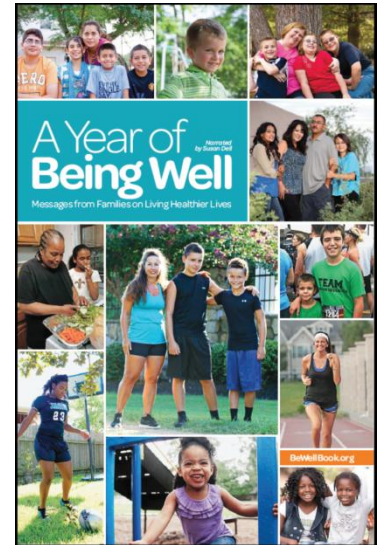
Month 1: Get Started	Mes 1: Póngase en marcha
Month 2: Get Smarter	Mes 2: Sea más inteligente
Month 3: Lead by Example	Mes 3 Guíe con el ejemplo
Month 4: Drop Liquid Calories	Mes 4: Disminuya las calorías líquidas
<b>Month 5: Eat Real Food, Not Junk Food</b>	<b>Mes 5: Coma alimentos reales, no comida chatarra</b>
Month 6: Go Green: Increase Fruits and Vegetables	Mes 6: Coma productos frescos: consuma más frutas y verduras
Month 7: Limit All Screen Time	Mes 7: Limite el tiempo frente a las pantallas
Month 8: Get Moving	Mes 8: Póngase en movimiento
Month 9: Get More Sleep	Mes 9: Duerma más
Month 10: Make friends and Buddy Up	Mes 10: Haga amigos y compañeros de actividades físicas
Month 11: Go to School	Mes 11: Vaya a la escuela
Month 12: Pass It On: Spark a Community Effort	Mes 12: Difúndalo: incie un esfuerzo en toda su comunidad
Finally Reflect and Re-Plan	Finalmente reflexione y plane de nuevo

Get your free copy of *A Year of Being Well* at [www.bewellbook.org](http://www.bewellbook.org).

Available in English and Spanish

# 4

EASY STEPS TO  
**be well**  
this month



At the end of each chapter, in A Year of Being Well, there are “4 easy steps to be well this month.” Check out these simple tips from Get Healthy CT to help you take the 4 easy steps each month. All of the **resources are free** and provided by Get Healthy CT and their partners.

- 1** During **snack times**, make sure you **have plenty of fruit, veggies**, and other healthy snacks on hand. Leave cut up fruits and vegetables available in the refrigerator for a healthy quick snack that you and the kids can grab to snack on.
- 2** Don't be afraid to **ask for healthier options or cooking styles at restaurants**. Go ahead and order a grilled chicken breast instead of a fried one.
- 3** Rather than visiting a fast-food restaurant, **visit your local grocery store** and pick up some fresh or frozen produce and lean deli meats for lunch. It will **save you money, time, and calories**. Shopping at your local **farmers markets will save you money** while also giving you the  **freshest fruits and vegetables in season**. Go on the website [gethealthyct.org](http://gethealthyct.org) and then click on the “**Get Local**” tab to find a farmers' market near you.
- 4** In any given week, aim to **eat more food at home**, rather than eating out or purchasing processed foods from a bag or box. Prepare a meal the **whole family can get involved in**. For more tips on how to get kids involved in the kitchen check out our monthly health feature from **March**. You can find this packet on [gethealthyct.org](http://gethealthyct.org) on the main home page, click on “**monthly health feature**.”



# Eat Real Food, Not Junk Food

In the past 30 years, Americans have seen an increase in the proportion of calories our children obtain from fast food, convenience store food, and other foods eaten away from home. However, most of the calories we eat still come from home.

This is great news! It means we have so many opportunities to give our children the real food they need: fresh fruits and vegetables, lean meats, plenty of water, fat-free and low-fat dairy items, and high-fiber whole grains.

One way I've tried to do this is to really include my children in meals. When kids are involved in planning and preparing meals, they are more likely to eat what is on the table. They also enjoy doing things like "eating a rainbow" by eating different colored foods that only occur in nature. This makes it easier for them avoid foods with a lot of artificial colors, flavors, or preservatives. Kids who are repeatedly exposed to certain foods are more likely to try and like them. Food gives us all a chance to interact with our children and save time and money.

I have other tips that I try to share with parents who want to avoid junk foods. I don't buy unhealthy snacks like potato chips or candy bars. If my kids don't find those items in the house, then they won't be able to eat them. We eat healthy fruits that are tasty and sweet as a treat. And I involve the kids in cooking. The more involved your kids are, the more they will want to eat the healthy meals they helped create. — *Susan Dell*

## Did you know?

The average consumption of sweets and bakery desserts was about eight to 10 servings per week in 5- to 9-year-olds and 10- to 14-year-olds and six to eight servings per week in 15- to 19-year-olds.  
*American Heart Association*

Nearly half of U.S. middle and high schools allow advertising of less healthy foods, which impacts students' ability to make healthy food choices.  
*Centers for Disease Control and Prevention*

# Jovita

*and her family*

Jovita's Chicago home used to have a trash can full of processed food wrappers and empty soda cans. Grain-based desserts, like cookies, cakes, pastries, and donuts, are a leading source of calories and a major source of saturated fat and added sugars in the diets of Americans of all ages, so it's not surprising that Jovita lost weight and lowered her cholesterol when she eliminated these foods from her diet. — *Susan Dell*

"My house is a 'no fry zone,' and I don't do 'whites' — no white flour or white sugar is used in our house. Since my kids eat what I serve them, they can't eat fried foods or sugar if I don't put them on the table.

What I do put on the table are healthy options. I keep clean fruit in a bowl on the kitchen table so it's easy to grab. I make a lot of healthy shakes with oatmeal, mangoes, and flaxseed so my kids have a quick, healthy breakfast. It takes more time to plan out meals in advance, but I do my shopping for the week at one time

so I don't have to stop by a fast-food restaurant when I'm in a hurry. I've got food ready at home no matter when we need it. We've basically eliminated fast foods from our diets.

I serve whole-grain, high-fiber breads and cereals rather than refined grains. I look for 'whole grain' as the first ingredient on the food label and make at least half of our grain servings whole grain. I know that healthy habits are formed over time. We started with small changes and gradually changed many parts of our lives."



MONTH 5:  
Eat Real Food,  
Not Junk Food

# Andrea

*and her family*

A lot of people think the least healthy foods come from fast-food restaurants. Andrea's family in Tucson proves that even food made with some of the best intentions can have the worst effect on your overall health. Often, it's the high-fat foods we've loved since we were kids that have been leading to legacies of poor health, diabetes, and heart disease. — *Susan Dell*

"My family shows love through food. When we want to show joy, we make food. When we want to show concern, we make food. When we want to show anger or sorrow or happiness or whatever, we make food. And in my culture, we traditionally make a lot of food with a lot of lard: refried beans, tamales, and tortillas.

I had to figure out how to make traditional dishes in a healthy way. Then, I had to convince my aunts and older members of the family that I was actually helping them — not dishonoring them — by changing our long-standing recipes. They thought I was passing judgment on them for cooking with lard and complained when I tried to serve dishes like

healthy pinto beans from my Crock-Pot instead of refried beans.

We now grow herbs and spices at our house so we have fresh ingredients for our recipes. We've learned that the fresh cilantro we grow at home is even more fragrant and full of flavor than the kind we can buy at the grocery store.

I taught my family that 'real food' is actually the food I'm now serving. We can taste the fresh vegetables and spices instead of the oils. The flavors of the peppers and marinades come through when the lean meats are grilled instead of fried. I know what I'm serving my whole family — no matter what we're celebrating or sharing — is healthy."





# Rochelle

*and her family*

Preparing foods yourself is a great way to eat well, save money, and spend time together. Your children can get the nutrients they need from healthy dishes and learn to use the foods that are available to them at different times of the year. Rochelle's Philadelphia family is living proof of this. — *Susan Dell*

"I believe in doing things the natural way. The most important lesson I'm teaching my children is to eat pure foods from the earth.

I know that eating too many processed foods can lead to obesity in children. So, I'm committed to making sure my seven children all eat natural foods. There are no processed foods in our house.

We still have treats sometimes. When we make baked goods like brownies, I try to make the entire process a family event. One child

measures multigrain flour, another measures the dark chocolate, and so on. I only use about half of the sugar called for in these types of recipes, and my children don't even notice. But we think of treats in a different way, too. Our treats are sweet and tasty, but they are still healthy. Seasonal fruits like apples in the fall and peaches in the summer are treats in our home.

We are creatures of the earth, so I'm trying to teach my kids to eat in a way that will keep them going strong for a lifetime."



# 4

EASY STEPS TO  
**be well**  
*this month*

- 1 During **snack times**, make sure you **have plenty of fruit, veggies**, and other healthy snacks on hand.
- 2 Don't be afraid to **ask for healthier options or cooking styles at restaurants**. Go ahead and order a grilled chicken breast instead of a fried one.
- 3 Rather than visiting a fast-food restaurant, **visit your local grocery store** and pick up some fresh or frozen produce and lean deli meats for lunch. Some stores also have nutritionists to teach you how to read labels or how to shop the perimeter of the store. It will **save you money, time, and calories**.
- 4 In any given week, aim to **eat more food at home**, rather than eating out or purchasing processed food from a bag or box.

**Important tips:**

- Small steps can have a big impact.
- Choose one or two steps to begin each month.



## Resources

-  **PUBLICATION**  
*In Defense of Food: An Eater's Manifesto*  
Michael Pollan
-  **MOBILE APP**  
Fast Chicken Meals
-  **ORGANIZATION**  
Eat Real Food  
[www.myeatrealfood.org](http://www.myeatrealfood.org)
-  **COMMUNITY**  
Your local grocery store



# Coma alimentos reales, no comida chatarra

En los últimos 30 años, en los Estados Unidos se ha observado un incremento en la proporción de calorías que nuestros hijos obtienen de la comida rápida, la comida de tiendas de conveniencia y otros alimentos ingeridos fuera de casa. Sin embargo, la mayor parte de las calorías que consumimos todavía provienen de casa.

¡Esta es una excelente noticia! Significa que tenemos muchísimas oportunidades de dar a nuestros hijos los alimentos reales que necesitan: frutas y verduras frescas, carnes magras, mucha agua, productos lácteos sin grasa o bajos en grasa y granos integrales ricos en fibra.

Una forma en que he intentado hacer esto es involucrar realmente a mis hijos en las comidas. Cuando los niños participan en la planeación y preparación de la comida, es más probable que coman lo que está en la mesa. También les gusta hacer cosas como “comerse un arcoíris”, al ingerir alimentos de diferentes colores que solamente ocurren en la naturaleza. Esto hace más fácil que eviten alimentos con muchos colores artificiales, sabores artificiales o conservadores. Los niños que están expuestos repetidas veces a ciertos alimentos tienen mayores probabilidades de probarlos y de que les gusten. Los alimentos nos brindan una oportunidad de interactuar con nuestros hijos y ahorrar tiempo y dinero.

Tengo otros consejos que me gustaría compartir con padres que desean evitar la comida chatarra. No compro refrigerios poco saludables, como las papas fritas o barras de chocolate. Si mis hijos no encuentran estos productos en casa, no podrán comerlos. Comemos frutas saludables, que son sabrosas y dulces como un gusto. Y hago que mis hijos participen en la preparación de la comida. Cuanto más participen sus hijos, tanto más querrán comer las comidas saludables que ellos ayudaron a crear. – *Susan Dell*

¿Sabía usted que...?

El consumo promedio de caramelos y postres de panadería es de unas 8 a 10 porciones semanales en niños de 5 a 9 años y de 10 a 14 años de edad, y de 6 a 8 porciones semanales en adolescentes de 15 a 19 años de edad.  
*Sociedad Americana del Corazón*

Casi la mitad de las escuelas secundarias o preparatorias de los EE. UU. permiten la publicidad de alimentos menos saludables, lo que tiene impacto en la capacidad de los estudiantes para tomar decisiones de alimentación saludables.  
*Centros para el Control y la Prevención de Enfermedades*



# Jovita

## y su familia

En la casa de Jovita, en Chicago, era costumbre tener un bote de basura lleno de envolturas de alimentos procesados y latas de refresco vacías. Los postres a base de granos, como las galletas, pasteles, pastelitos y donas, son una fuente principal de calorías y una fuente importante de grasas saturadas y azúcar añadida en la alimentación de estadounidenses de todas las edades, por lo que no es sorprendente que Jovita haya bajado de peso y haya disminuido su colesterol cuando eliminó estos alimentos de su dieta. — *Susan Dell*

“Mi casa es una ‘zona sin alimentos fritos’ y no acepto ‘blancas’; en nuestra casa no se usan harina blanca ni azúcar blanca. Puesto que mis hijos comen lo que les sirva, no pueden comer alimentos fritos o azúcar si no los pongo en la mesa.

Lo que sí pongo en la mesa son opciones saludables. Tengo fruta limpia en un tazón sobre la mesa de la cocina, para que sea fácil agarrarla. Preparo muchas malteadas saludables con avena, mangos y semilla de lino, para que mis hijos tengan un desayuno rápido y saludable. Aunque se requiere más tiempo para planear con anticipación nuestras comidas, realizo las compras de la semana de una sola vez para

no tener que detenernos en un restaurante de comida rápida cuando llevo prisa. Tengo comida preparada en casa, sin importar cuando la necesite. En lo fundamental, hemos eliminado la comida rápida de nuestra alimentación.

Sirvo panes y cereales de grano integral, ricos en fibra, no de granos refinados. Busco ‘grano integral’ como el primer ingrediente en la etiqueta de los alimentos y hago que al menos la mitad de nuestras raciones de granos sean de granos integrales. Sé que los hábitos saludables se forman con el paso del tiempo. Hemos comenzado con pequeños cambios y gradualmente modificamos muchas partes de nuestra vida”.



MES 5:  
Coma alimentos reales,  
no comida chatarra

# Andrea

## y su familia

Muchas personas piensan que los alimentos menos saludables provienen de los restaurantes de comida rápida. La familia de Andrea en Tucson es una prueba de que incluso los alimentos preparados con las mejores intenciones pueden tener el peor efecto en su estado general de salud. Es frecuente que los alimentos ricos en grasa que tanto nos gustan desde que éramos niños hayan sido el origen de un legado de tener mala salud, diabetes y enfermedades del corazón. — *Susan Dell*

“Mi familia muestra amor a través de los alimentos. Cuando queremos mostrar alegría, preparamos alimentos. Cuando queremos mostrar preocupación, preparamos alimentos. Cuando queremos mostrar enojo o tristeza o felicidad o lo que sea, preparamos alimentos. Y en mi cultura, tradicionalmente preparamos muchos alimentos con mucha manteca de cerdo: frijoles refritos, tamales y tortillas.

Tenía que encontrar la forma de preparar nuestros platillos tradicionales de una manera saludable. Luego, tenía que convencer a mis tías y a miembros de mayor edad de nuestra familia de que realmente yo les estaba ayudando y no les deshonraba al cambiar nuestras antiguas recetas. Pensaron que los estaba juzgando por cocinar con manteca de cerdo y se quejaron cuando traté de servirles platillos

como frijoles pintos saludables preparados con mi Crock-Pot en lugar de frijoles refritos.

Ahora, cultivamos hierbas y especias en nuestra casa, de modo que tenemos ingredientes frescos para nuestras recetas. Hemos aprendido que el cilantro fresco que cultivamos en casa tiene incluso más fragancia y está más lleno de sabor que el adquirido en la tienda de abarrotes.

Enseñé a mi familia que la ‘comida real’ es realmente la que ahora le sirvo. Podemos saborear las verduras frescas y especias, en lugar de los aceites. Los sabores de los pimientos y adobos brotan cuando las carnes magras se asan a la parrilla, en lugar de freírlas. Ahora sé que lo que sirvo a toda mi familia sin importar qué estemos celebrando o compartiendo es saludable”.



# Rochelle

y su familia

Preparar uno mismo los alimentos es una forma excelente de comer bien, ahorrar dinero y pasar tiempo juntos. Sus hijos pueden recibir los nutrientes que necesitan de platillos saludables y aprender a usar alimentos que están a su disposición en épocas diferentes del año. La familia de Rochelle en Filadelfia es la prueba viviente de esto. – *Susan Dell*

“Creo en hacer las cosas de la manera natural. La lección más importante que estoy enseñando a mis hijos es comer alimentos puros de la tierra.

Sé que comer muchos alimentos procesados puede llevar a la obesidad en los niños. Así, estoy comprometida con asegurarme de que mis siete hijos coman alimentos naturales. No hay alimentos procesados en nuestra casa.

A veces, todavía nos damos un gusto. Cuando preparamos productos horneados, como los brownies, trato de que todo el proceso sea un evento familiar. Uno de mis hijos mide la harina multigrano, otro el chocolate amargo, y así

sucesivamente. Añado únicamente la mitad del azúcar que se menciona en estos tipos de recetas y mis hijos ni siquiera lo notan. Sin embargo, también pensamos de una manera distinta respecto a darnos gustos. Los gustos que nos damos son dulces y sabrosos, pero todavía son saludables. Las frutas de temporada, como las manzanas en el otoño y los duraznos en el verano, son gustos que nos damos en nuestra casa.

Somos criaturas de la tierra, de modo que estoy tratando de enseñar a mis hijos cómo comer de una manera que los mantendrá fuertes durante toda su vida”.

# 4

PASOS FÁCILES  
de este mes para  
estar bien

- 1 A la hora de los refrigerios, asegúrese de tener en abundancia frutas, verduras y otros refrigerios saludables a la mano.
- 2 No tenga miedo de **preguntar por opciones o estilos de cocción más saludables en los restaurantes**. Atrévase a pedir una pechuga de pollo asada en lugar de una frita.
- 3 En vez de ir a un restaurante de comida rápida, **vaya a la tienda de abarrotes de su localidad** y elija algunos productos agrícolas frescos o congelados, o carnes magras de comida selecta, para el almuerzo. Algunas tiendas cuentan con nutriólogos que le enseñan a leer las etiquetas o comprar en el perímetro de la tienda. Esto le **ahorrrará dinero, tiempo y calorías**.
- 4 En cualquier semana, trate de **comer más alimentos en casa**, en lugar de comer fuera o comprar alimentos procesados de una bolsa o caja.

**Consejos importantes:**

- Los pasos pequeños pueden tener un gran impacto.
- Elija uno o dos pasos para iniciar cada mes.



## Recursos



*In Defense of Food:  
An Eater's Manifesto*  
Michael Pollan



Fast Chicken Meals



Coma Alimentos Reales  
[www.myeatrealfood.org](http://www.myeatrealfood.org)



El supermercado o  
abarrotería de su localidad

