

# Have a Healthy Holiday

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**December 2015**



## Recipe for Healthy Baking during the Holidays

### Black Bean Brownies



*Recipe By:* elizabeth

"Black beans replace the flour in this brownie recipe."

#### Ingredients

- 1 (15.5 ounce) can black beans, rinsed and drained
- 3 eggs
- 3 tablespoons vegetable oil
- 1/4 cup cocoa powder
- 1 pinch salt
  
- 1 teaspoon vanilla extract
- 3/4 cup white sugar
- 1 teaspoon instant coffee (optional)
- 1/2 cup milk chocolate chips (optional)

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 square baking dish.
2. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, and instant coffee in a blender; blend until smooth; pour the mixture into the prepared baking dish. Sprinkle the chocolate chips over the top of the mixture.
3. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.

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# 13 Surprising Baking Substitutions:

## Make your desserts healthier!



### 1. Black beans for flour

Swapping out flour for a can of black beans (drained and rinsed, of course) in brownies is a great way to cut out the gluten and fit in an extra dose of protein. Plus, they taste great. When baking, swap out 1 cup flour for 1 cup black bean puree (about a 15oz can).

### 2. Whole wheat flour for white flour

In virtually any baked good, replacing white flour with whole wheat can add a whole new dimension of nutrients, flavor, and texture. Because whole wheat includes the outer shell of the grain, it also provides an extra punch of fiber, which aids in digestion and can even lower the risk of diabetes and heart disease. For every cup of white flour, substitute 7/8 cup of whole-wheat.

### 3. Unsweetened applesauce for sugar

Using applesauce in place of sugar can give the necessary sweetness without the extra calories and, well, sugar. While one cup of unsweetened applesauce contains only about 100 calories, a cup of sugar can pack in more than 770 calories! This swap is perfect for oatmeal raisin cookies. Pro tip: You can sub sugar for apple sauce in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid in the recipe by 1/4 cup.

### 4. Unsweetened applesauce for oil or butter

Don't knock this one till you've tried it. The applesauce gives the right consistency and a hint of sweetness without all the fat of oil or butter. This works well in any sweet bread, like banana or zucchini, or in muffins (like in these low-fat blueberry muffins) — and even with pre-boxed mixes! On your first try, only try swapping out half the fat (so a recipe using 1 cup of oil would use 1/2 cup oil and 1/2 cup applesauce). If you can't tell the difference with that swap, try swapping a bit more of the fat next time around.

### 5. Avocado puree for butter

They're both fats (albeit very different fats) and have nearly the same consistency at room temperature. The creaminess and subtle flavor of the avocado lends itself well to the texture of fudge brownies and dark chocolate flavorings. Check out this recipe for perfect proportion guidelines. It can take some experimenting to get this swap perfect, but generally, using 1 cup of avocado puree per cup of butter works.

### 6. Natural peanut butter for reduced-fat peanut butter

While they may appear better than traditional Skippy or Jiff, reduced fat versions of peanut butter can actually have more sugar — and an extra-long list of artificial additives— than the classics. Natural peanut butter (preferably unsalted) provides the same sweetness without all the extra junk.

## **7. Vanilla for sugar**

Cutting sugar in half and adding a teaspoon of vanilla as a replacement can give just as much flavor with significantly fewer calories. Assuming the recipe originally calls for one cup of sugar, that's already almost 400 calories cut out! You can't sub this one in equal ratios, but next time you're whipping up some cookies, try cutting 2 tablespoons of sugar and adding an extra 1/2 teaspoon of vanilla extract.

## **8. Mashed bananas for fats**

The creamy, thickening-power of mashed (ripe!) banana acts the same as avocado in terms of replacing fat in baking recipes. The consistency is ideal, and the bananas add nutrients like potassium, fiber, and vitamin B6. One cup of mashed banana works perfectly in place of 1 cup of butter or oil!

## **9. Meringue for frosting**

Made from just egg whites and sugar, meringue can be a great fat-free substitution for traditional frosting. Feel like going a step further? Take a torch to it. Lightly charring the edges of the meringue can add a nice caramelized flavor. (Not to mention a cool visual effect!)

## **10. Graham crackers for cookies (in pie crusts)**

Who doesn't love a fresh baked cookie-crust pie? Next time, refrain from the traditional sugar or Oreo cookie crust and grab the graham crackers. Reduced-fat graham crackers offer the same consistency and flavor with about half the calories of the conventional options.

## **11. Prunes for butter**

In brownies and other dark baked goods, prune puree makes for a perfect butter substitute while cutting more than half the calories and fat. Combine 3/4 cup prunes with 1/4 cup boiling water, and puree to combine. Sub in equal amounts in most dark baked good recipes!

## **12. Cacao nibs for chocolate chips**

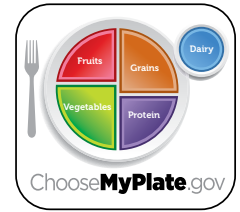
News flash: Those chocolate chips actually start out as cacao nibs — the roasted bits of cocoa beans that then get ground down and turned in to chocolate. Opting for these unprocessed (or at least less processed) morsels cuts out the additives and added sugar in chocolate, while also delving out a healthy dose of antioxidants.

## **13. Flax meal for eggs**

This one's an old vegan trick. Mix 1 tablespoon ground flax seeds (aka flax meal) with 3 tablespoons of warm water and whisk with a fork to combine. Now let it sit in the fridge for 5-10 minutes before subbing for 1 egg in any baked recipe. Voila!

**10 tips**  
Nutrition  
Education Series

# make healthier holiday choices



## 10 tips for a healthier holiday

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

### 1 create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to <https://www.supertracker.usda.gov/myrecipe.aspx>.



### 6 tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



### 2 enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

### 7 be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

### 3 make sure your protein is lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. When serving meats, trim away any fat before cooking. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

### 8 make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.



### 4 cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.



### 9 enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

### 5 bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.



### 10 give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

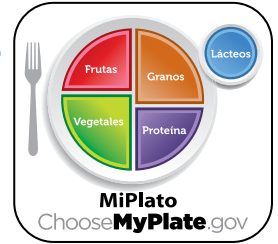




**10**  
**consejos**  
Serie  
de Educación  
en Nutrición

# seleccione opciones saludables para los días feriados

## 10 consejos para feriados saludables



Los días feriados son oportunidades para dedicar tiempo a celebrar tradiciones que incluyen nuestras comidas y platos favoritos. Mientras celebra piense en pequeños cambios que pueda hacer esos días feriados para crear comidas saludables y mantenerse activo.

### 1 crea MiPlato renovado

Renueve sus platos favoritos. Use "My Recipe" en SuperTracker para mejorar sus recetas especiales y hacerlas más saludables. Visita <https://www.SuperTracker.usda.gov/myrecipe.aspx>.



### 6 cambie los dulces

Para el postre, pruebe manzanas horneadas con canela y azúcar roceada en vez de pie de manzana. Ofrezca a sus invitados la oportunidad de preparar su propio "parfait" con tajadas de frutas multicolores y yogur bajo en grasa.



### 2 en sus celebraciones disfrute los alimentos de cada uno de los grupos

Para empezar sirva galletas integrales con "hummus," adicione nueces sin sal y frijoles negros a una ensalada de verduras; en sus guisos o cazuelas use leche baja en grasa en vez de crema. Comparta opciones saludables en sus comidas de días festivos.

### 7 sea el centro de la fiesta

Ría, baile y juegue. Enfóquese en la diversión y goce de la compañía de otros.

### 3 asegúrese que la proteína que consuma sea magra

Pavo, carne de res, jamón, legumbres y algunas variedades de pescado como bacalao o lenguado son opciones magras. Cuando prepare carnes, corte y retire la grasa antes de cocinar. Sea moderado con las salsas y los aliños, éstos pueden contener cantidades considerables de grasa y sodio.

### 8 haga que el ejercicio sea parte de la diversión

Haga que el ejercicio sea parte de la tradición de un día festivo. Diviértase caminando y hablando con la familia y los amigos después de la cena. Dé regalos que motiven a otros a practicar hábitos saludables como DVDs de ejercicios, zapatillas y botellas reusables de agua.



### 4 celebre la buena salud

Sacie su sed con opciones bajas en calorías. Tome agua con jugo o rodajas de limón. Ofrezca agua con gas mezclada con un poquito de jugo 100% fruta.



### 9 aproveche de las sobras

Prepare platos con las sobras del día anterior. Añada carne de pavo a sus sopas o ensaladas. Use vegetales en sus tortillas francesas, sándwich o sopas. ¡Las posibilidades son interminables!

### 5 hornee productos saludables

Use recetas con puré de manzana sin azúcar o puré de plátanos en vez de mantequilla. Trate de disminuir la cantidad de azúcar en la mitad de lo que indica la receta. Use especias para adicionar sabor como canela, clavo de olor o nuez moscada.



### 10 regale

Dedique tiempo a preparar comidas o proveer alimentos a aquellos que necesiten ayuda. Done alimentos al banco local de alimentos o participe como voluntario durante la temporada de fiestas para servir comidas en los comedores comunales.



# Healthy Holiday Gift Guide

## Fill Your Wish List with 50 Healthy Gift Ideas

By Megan Patrick, Staff Writer



Want to be really motivated to start or continue reaching your health and fitness goals in the new year? Then fill your holiday wish list with gift ideas that will motivate you and make it easier to stay on track. Your friends and family will be happy to encourage your pursuit of health with gifts of fitness equipment, cookbooks or even that cute hoodie you've had your eye on! Here are 50 fun ideas:

### Cookbooks

- A [vegetarian cookbook](#) if you want to try meatless Mondays.
- A [slow cooker cookbook](#) for when you need to save time.
- A [vegetable cookbook](#) to help you get more delicious veggies into your diet.
- A [low-cal cookbook](#), like *The SparkPeople Cookbook*, to help you lighten up your favorite foods.
- A [soup cookbook](#) for those super cold days when you just can't get warm.



### Cooking Tools

- A new [set of knives](#) to make chopping vegetables easier.
- A [crockpot](#) for slow cooking on busy days.
- A set of [glass storage containers](#) to make freezing and reheating healthy meals super easy.
- A [food scale](#) for weighing portions.
- A [nonstick pan](#) for oil-free cooking.



### Lunch Packing Essentials

- A [bento box](#) to inspire you to pack cute, healthy lunches.
- A [freezer pack](#) to keep your food cold on your way to work.
- A set of [packable utensils](#) so you don't have to rummage around in the break room for some plastic ones.
- An insulated [lunch bag](#) to help keep your food fresh.
- A [thermos](#) for when you want to pack hot soup for lunch.



### Healthy Gourmet Food

- A box of heirloom [apples](#) you've never tasted.
- A bottle of fancy [extra-virgin olive oil](#) for making fresh salad dressing.
- Gourmet [nut mix](#) for a healthy on-the-go snack.
- Gourmet [jerky](#) to get your protein fix on the run.
- An [assortment of tea](#) for a relaxing treat in the afternoon.



### Exercise Equipment

- A [mini trampoline](#) for a fun new way to get in some cardio.
- A set of [kettlebells](#) so you can build muscle and cardiovascular fitness at the same time.
- An [exercise ball](#) that you can use to work out or just engage your core while you sit at your desk.
- A [foam roller](#) to massage sore muscles.
- A [jump rope](#) so you can build strong bones and increase cardiovascular endurance at the same time.<pagebreak>



## Workout DVDs

- A [cardio DVD](#) for when it's too cold to go for a run or a walk (like [Coach Nicole's series of DVDs](#)).
- A [yoga DVD](#) for when you just can't drag yourself to class in the morning.
- A [dance DVD](#) to have fun while you feel the burn.
- A [bodyweight training DVD](#) to build muscle without a bunch of equipment.
- A [high-intensity interval training DVD](#) to burn maximum calories in minimum time.



## Fitness Fashion

- A pretty [headband](#) to keep your sweaty hair out of your face!
- A new [pair of sneakers](#) for running and walking.
- A pair of [yoga pants](#) that make your butt look great.
- A new [sports bra](#) to support you through your hardest workouts.
- A great [pair of socks](#) to keep your feet from feeling sweaty.



## Cold Weather Gear

- A pair of [convertible gloves](#) to keep your hands warm but still allow you to skip to the next song on your play list.
- A pair of [insulated leggings](#) to wear under sweats or yoga pants on particularly cold days.
- [Traction cleats](#) for your sneakers so you don't slip on the ice or snow.
- A [fleece gaiter](#) to keep your neck warm on the coldest days.
- A light-weight but [heavily-insulated jacket](#) with cooling vents you can open when you start to warm up.



## Inspirational Reading

- A book of [inspirational quotes](#) to help you keep your journey to health in perspective. To learn about the inspiration behind SparkPeople and how it can change your life, check out [The Spark](#).
- A [biography](#) of someone you admire to inspire your own life.
- A book about the latest [science behind healthy eating](#) to help you make good choices (like [The Spark Solution](#)).
- A book exploring a new kind of [exercise](#) you'd like to try.
- A manual about [beauty or style](#) so you can start looking your best right away!



## Healthy Gadgets

- An [activity tracker](#) like the [Spark](#) to keep track of steps and fitness minutes effortlessly.
- A new [pair of headphones](#) so you can listen to music while you run or walk.
- An [armband](#) for your phone to make it easy to carry with you.
- A [digital bathroom scale](#) to help you keep track of your progress.
- A [heart rate monitor](#) to see how hard you're actually working when you exercise.





## 9 Tips for Staying Active over the Winter Holidays

By Alice Henneman, MS, RD, UNL Extension Educator



We typically eat more and exercise less during the holidays.

If we get too much out of balance with our food intake and our activity output, we may literally be "bursting" with holiday cheer!

To help prevent our winter holiday season from coming "apart at the seams," here are 9 tips to fit in some physical activity.

1. **It's a "shoe-in."** As much as you can, wear running or comfortable walking shoes so you can get moving whenever there's an opportunity. Pop a casserole in the oven and head out the door for a walk or jog while it's baking. Park farther away and walk to your destination. Walk the mall before you shop the mall.

2. **Take the stairs.** "In one minute, a 150 pound person burns approximately 10 calories walking upstairs and only 1.5 calories riding an elevator," according to the Centers for Disease Control and Prevention. Remember this quote by Joan Welsch and take the stairs, "A man's health can be judged by which he takes two at a time – pills or stairs."

3. **Work out with your mobile device.** Download an app(s) or video(s) for your mobile device (iPad, iPhone, etc.) or watch an online video that will help you get moving. Some of these may be especially helpful when you're traveling and staying in a hotel or with friends. Avoid workouts with lots of noisy activity that can bring management to your hotel door. Use your favorite search engine or check with the app store for your mobile device to find apps and videos that inspire you.

For starters, check out this 10-minute YouTube video from my colleague Kayla Cologrove, a Registered Dietitian, Certified Personal Trainer, and former All-American athlete at the University of Nebraska-Lincoln. This set of exercises will help get your heart rate up and works various muscle groups. Watch it on your mobile device (or TV, if you have access to one) at:

<http://youtu.be/EOmSQJCwEJI>

4. **Find trails and tracks before you travel.** Visit the USA Track & Field website at <http://www.usatf.org/routes> for routes for walking or running in your destination city. Check with your host or hotel as to their safety before you take off. The hotel or your host may have additional suggestions. My husband and I discovered a path around a nearby hotel on an upcoming trip that was perfect for us through a search at this site.

5. **Try some tempting tunes.** If you like to work out to music, "gift" yourself with some new tunes to get motivated. For example, searching for "holiday fitness music" or "Christmas fitness music" in the iTunes store yielded several downloadable albums for the winter holiday season. Or, you could put together your own playlist. A similar search in the "MP3 Music" category on Amazon.com also found several tunes. Check your favorite music source site for possible motivation.

6. **Clean your house.** Set aside several hours one day and REALLY clean your house. Bending, squatting, running up and down stairs, standing while folding and putting away laundry, etc. all burn calories. Get workouts the old-fashioned way ... by "working" out!

7. **Look for a holiday fun run.** Fun runs are often held over the holidays. There is usually a small fee and they're open to everyone from runners to people who meander along the trail with friends. They are usually 5K runs (3.1 miles). Get in the back of the pack when starting if you plan to set a more leisurely pace. Invite your friends and plan on an outing with coffee or a meal together afterwards. You'll feel better physically and mentally for it

8. **Build activity into family visits and outings.** Encourage house guests to bring workout clothes suitable for walking or perhaps activities at a local health club. My sisters came with running/walking shoes and outdoor wear; we managed three brisk 2-mile walks during a five day visit. An added benefit: By getting outside, we couldn't eat all the holiday leftovers lurking in the house.

9. **Fly with wheels (or a backpack).** If you're flying during the holidays, use the time between flights to get in some activity. If time allows, walk to a far-away gate vs. taking a "people mover." Walk vs. wait at your gate until you can board your flight. If you are lugging carryon luggage, make it easier and more comfortable to move by using a wheeled suitcase or a backpack.

<http://food.unl.edu/9-tips-staying-active-over-winter-holidays>

# Walking Away the Holiday Calories

## WALKING AWAY THE HOLIDAY CALORIES

Before you grab that holiday cookie or drink a glass of champagne, have you considered how long it will take to burn the calories off? Use this guide to discover how long it will take to walk off some of your favorite party foods.

Sources: Beth Reardon, director of integrative nutrition for Duke Integrative Medicine, [Calorieking.com](http://Calorieking.com) and [Walking.about.com](http://Walking.about.com)

60 CAL



**17** MINUTES  
OF WALKING  
1 COCKTAIL PIG IN  
A BLANKET

65 CAL



**18** MINUTES  
OF WALKING  
4oz OF FRUIT

69 CAL



**19** MINUTES  
OF WALKING  
1 CUBE

750 CAL



**208** MINUTES  
OF WALKING  
3 POTATO LATKES WITH  
SOUR CREAM

240 CAL



**67** MINUTES  
OF WALKING  
1 CUP OF CHEX MIX

80 CAL



**22** MINUTES  
OF WALKING  
5 RITZ CRACKERS

220 CAL



**61** MINUTES  
OF WALKING  
12 CHIPS AND DIP (2 tbsps)

250 CAL



**42** MINUTES  
OF WALKING  
6 SWEDISH MEATBALLS

80 CAL



**22** MINUTES  
OF WALKING  
BOILED SHRIMP (2oz)  
WITH COCKTAIL SAUCE

100 CAL



**28** MINUTES  
OF WALKING  
1 HOLIDAY COOKIE

240 CAL



**67** MINUTES  
OF WALKING  
1 SNICKERDOODLE

330 CAL



**92** MINUTES  
OF WALKING  
FRUIT CAKE (3oz)

440 CAL



**131** MINUTES  
OF WALKING  
GRANDE PEPPERMINT  
WHITE CHOCOLATE MOCHA

343 CAL



**95** MINUTES  
OF WALKING  
1 GLASS OF EGGNOG

78 CAL



**22** MINUTES  
OF WALKING  
1 GLASS OF CHAMPAGNE



# 11 Ways to Reduce Holiday Stress

## *How to Make Time for Yourself During This Busy Season*

*By Megan Patrick, Staff Writer*

For many of us, the holidays are as stressful as they are fun. Starting with Halloween in October and going all the way until New Year's Day, these months are filled with special occasions, eating temptations and family obligations. When you add these things on top of time consuming efforts to eat better and get more exercise, you can end up feeling frustrated and defeated. Here are 11 ways rethink how you manage the holidays so you can still have time for yourself.

1. **Change Your Mindset**. Of course, the holidays are a special time of year meant to celebrate friends and family, but we're not talking about a once in a lifetime occurrence here. Christmas may come but once a year, but it comes every single year without fail. If you're too busy to participate in every party or family tradition this year, don't worry. There's always next year! This same kind of thinking can also help you make healthier decisions when it comes to holiday eating. Yes, your aunt's gingerbread cookies are delicious, but you can enjoy a couple every year instead of feeling like you have to eat the whole tin all at once. Sweet talk her into giving you the recipe, and, even if you never get around the baking them, you'll know that you can have your favorite treat anytime you want.

2. **Practice the Power of No**. The word *no* is extremely powerful and liberating. It's tempting to say *yes* to every invitation and every opportunity to volunteer during the holidays. But you'll enjoy the parties and other events more if you pick and choose the ones that are closest to your heart. There's no need to lie or to explain why you can't participate. Simply say, "I'm sorry. I already have plans for that time." Whether your plan is to make time for exercise or simply to get some needed rest, don't feel obligated to take on more than you can. This can be quite challenging, though. Force yourself to practice saying *no* in small ways. For example, try politely refusing a cookie from a well-meaning coworker.

3. **Simplify Your Celebration**. Holiday traditions are wonderful and help create lasting family memories, but there's no reason why you can't choose to create new traditions that better fit your current lifestyle. Do you really need to cook a meal for your entire extended family? Instead, could you roast the turkey or make another main course and ask everyone else to bring a side dish or dessert? Do you really need to buy multiple gifts for everyone? Instead, could the adults in the family draw names to create a smaller gift exchange and save other gift giving for children? (Learn more about the idea of creating voluntary simplicity in your life.)

4. **Focus on Others**. Instead of getting wrapped up in gift giving, baking and other holiday obligations, find a way to give back to your community this year. You might choose to volunteer at a toy drive for underprivileged children or help out at a local food bank. Instead of fighting crowds at the mall, you could be doing good for others and for yourself. There are many benefits to giving back for your own health and wellbeing.

5. **Choose a Charity Gift**. Another great way to avoid the mall or hours of online shopping is to give charity gift cards to friends and family. You can buy cards and certificates from sites like Tis Best, Just Give and Network for Good that allow the recipient to donate the money to the nonprofit of their choice. That way you and your family can feel good about supporting causes that are important to each one of you.

6. **Don't Skip Your Regular Workouts**. It's easy to find extra time in your schedule by cutting back on gym visits or afternoon walks, but because exercise is such an effective form of stress relief, all you'll be buying yourself is exhaustion and added worry. By the same token, don't try to beat holiday eating by ramping up your workouts to unrealistic levels. Instead, enjoy holiday treats in moderation and focus on sustainable fitness goals. If you want to add some extra calorie burn to your regular cardio (in a short amount of time), try some high intensity interval training.

7. **Boost Your Immune System**. There's nothing more stressful during the holidays than coming down with a cold or the flu. To protect yourself during the winter months, make sure you're getting ample fruit and vegetables in your diet, staying hydrated, getting enough sleep and washing your hands regularly. And get a flu shot to protect yourself from the most common strains of the flu virus.

8. **Be Flexible**. Instead of trying to pack multiple family celebrations into a single day or weekend, create your own schedule for festive gatherings when it's more convenient for everyone. For example, if you celebrate Thanksgiving with one side of your family, invite the other side over a few days later to celebrate leftovers day. Everyone can bring leftovers or a new dish to share. You can eat up all the extra food while it's still good and spend time with the people you love in a less formal setting than a sit down dinner.

9. **Take a Day Off**. Rather than trying to fit all your holiday errands in on the weekend, use one of the vacation days you were saving for the holidays for some stress-free midweek shopping. The mall will be less crowded and you'll be able to zip through all the tasks on your list. And you'll also get more done on that day you're alone in the office without any interruptions from coworkers. Not being greeted by an overflowing email inbox on January 2 will be a huge stress reliever, too.

10. **Get Out of Town**. Need a foolproof excuse for skipping out on holiday obligations? Book a vacation. It can be just you and your significant other, or you can bring your immediate family along. Use the money you would have spent on gifts to fund your trip and accumulate memories instead of stuff. Who knows, maybe winter travel is a new family tradition that you can pass on to the next generation the gift of a totally stress-free holiday season!

11. **Take a Deep Breath**. If you find yourself feeling too stressed out and overwhelmed to even consider any of the suggestions above, pause for five minutes and take a few cleansing breaths. Then get a piece of paper and write down all the tasks that are swirling around in your head and driving you crazy. Consult a calendar and allot specific time periods to spend on each item on your list. Once you have a plan in place, you can focus on checking off tasks instead of worrying about how to juggle everything. (Discover 10 simple ways to distress in five minutes or less.)



# Holiday Health and Safety Tips

## 1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



## 2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



## 3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



## 4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.





## 5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.



## 6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.



## 7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.



## 8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.

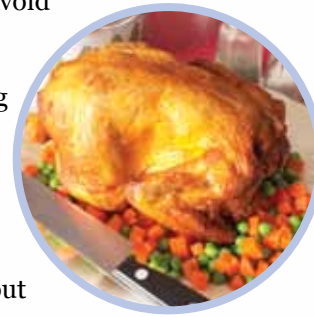


Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices

inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

## 9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



## 10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



To learn more, including the holiday song *The 12 Ways to Health*, visit [www.cdc.gov/family/holiday](http://www.cdc.gov/family/holiday)



Centers for Disease Control and Prevention  
Office of Women's Health

# Consejos de salud y seguridad para las fiestas

## 1 Lávese las manos con frecuencia.

Mantener las manos limpias es una de las medidas más importantes que podemos tomar para evitar enfermarnos y transmitir los gérmenes a otros. Lávese las manos con agua corriente limpia y jabón por lo menos durante 20 segundos. Si no dispone de agua y jabón, puede limpiarse las manos con productos sanitarios a base de alcohol.



## 2 Protéjase del frío.

Las temperaturas frías pueden causar graves problemas de salud, en especial, en bebés y adultos de edad avanzada. Manténgase seco y abríguese bien con varias capas de ropa cómoda y de pura lana.



## 3 Controle el estrés.

Las fiestas no deben afectar su salud. Controle su gastos extras y el sentimiento de obligaciones exagerado. Procure un equilibrio entre el trabajo, el hogar y las actividades recreativas. Busque el apoyo de familiares y amigos. Organice su tiempo. Tómese las cosas con calma y de manera positiva.



## 4 Viaje de manera segura.

Ya sea que esté por viajar dentro del país o al exterior, asegúrese de tomar las precauciones necesarias para que sea un viaje seguro. No maneje si ha bebido y no permita que nadie más lo haga. Utilice el cinturón de seguridad cada vez que conduzca o que viaje en un vehículo automotor. En el automóvil, sujete a su niño en una sillita de seguridad, un asiento elevado o con el cinturón de seguridad de acuerdo a la estatura, el peso y la edad del niño.



Las fiestas son un momento de celebración, agradecimiento y reflexión. También son ocasiones para prestarle particular atención a su salud. Durante estas fiestas, regale salud y seguridad, siguiendo estos consejos.





## 5 Evite el cigarrillo.

No fume ni respire el humo del tabaco de otros fumadores. Si usted fuma, ¡deje de hacerlo hoy mismo! Llame al 1-800-QUIT-NOW o hable con su proveedor de atención médica para que lo ayude.



La mayoría de los incendios en las residencias ocurren durante el invierno. Mantenga las velas alejadas de los niños, mascotas, pasillos, árboles y cortinas. Nunca deje las chimeneas, la estufa o las velas sin atender. No use dentro de su casa o de la cochera generadores, parrillas u otros aparatos que funcionen con gasolina o carbón. Instale en su casa un detector de monóxido de carbono y de humo. Pruebe y cambie las baterías con regularidad.

## 6 Vacúnese y hágase chequeos periódicos.

Los exámenes y las pruebas exploratorias pueden ayudar a detectar problemas antes de que comiencen o de manera temprana, cuando las opciones de tratamiento son mejores. Las vacunas ayudan a prevenir muchas enfermedades y salvan vidas. Programe una consulta con su proveedor de atención médica para un examen anual. Averigüe qué vacunas y pruebas se debe realizar con base en su edad, estilo de vida, planes de viaje, historia clínica y antecedentes médicos de su familia.



## 9 Manipule y prepare los alimentos de manera higiénica.

A medida que prepara las comidas para las fiestas, manténgase y mantenga a su familia protegidos contra las enfermedades asociadas a los alimentos. Lávese las manos y limpie las superficies de los mostradores con frecuencia. Evite la contaminación cruzada manteniendo la carne, las aves, los mariscos y los huevos crudos (incluso sus jugos) alejados de los alimentos listos para consumir y de las superficies en donde come. Cocine los alimentos a la temperatura adecuada. Refrigere enseguida. No deje alimentos perecederos fuera del refrigerador por más de dos horas.



## 7 Préstele atención a los niños.

Los niños tienen un alto riesgo de lesiones que pueden causar la muerte o discapacidades. Vigíelos cuando estén comiendo y jugando. Mantenga fuera del alcance de los niños los juguetes, alimentos, bebidas y artículos del hogar potencialmente peligrosos u otros objetos que presenten un riesgo de ahogo (como monedas o caramelos duros) o un riesgo en general. Aprenda a proporcionar tratamiento oportuno a un niño que se esté ahogando. Asegúrese de que los juguetes se usen de manera adecuada.



## 10 Coma alimentos saludables y lleve una vida activa.

Con equilibrio y moderación, usted puede disfrutar de las fiestas de manera saludable. Escoja frutas frescas para sustituir los dulces. Seleccione solo uno o dos de los alimentos favoritos que más le tienten. Encuentre maneras divertidas de mantenerse activo, como bailar al ritmo de su música favorita. Realice actividad física al menos dos horas y media a la semana. Incentive a los niños y adolescentes a que practiquen ejercicio al menos una hora al día.



## 8 Prevenga las lesiones.

Las lesiones por caídas y fuegos artificiales, por lo general, ocurren durante las fiestas. Use escaleras plegables en vez de muebles para colgar las decoraciones. Deje que los profesionales sean los encargados de manipular los fuegos artificiales.



Para obtener más información en inglés y escuchar la canción *The 12 Ways to Health*, visite [www.cdc.gov/family/holiday](http://www.cdc.gov/family/holiday)

Centros para el Control y la Prevención de Enfermedades  
Oficina de Salud de la Mujer



CS207051

## 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, papás, 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

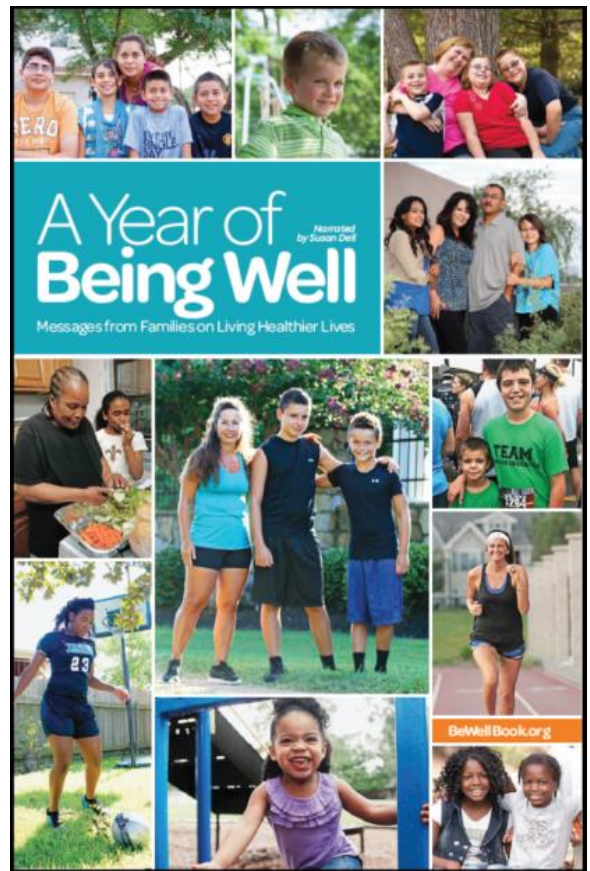
Month 1: Get Started	Mes 1: Póngase en marcha
Month 2: Get Smarter	Mes 2: Sea más inteligente
Month 3: Lead by Example	Mes 3 Guíe con el ejemplo
Month 4: Drop Liquid Calories	Mes 4: Disminuya las calorías líquidas
<b>Month 5: Eat Real Food, Not Junk Food</b>	<b>Mes 5: Coma alimentos reales, no comida 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
<b>Month 12: Pass It On: Spark a Community Effort</b>	<b>Mes 12: Difúndalo: incie un esfuerzo en toda su comunidad</b>
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

**Visit** with your neighbors and determine the few things that could be done in your **community** to get people moving more in the neighborhood. **Work together** to write your city’s leaders to bring about change.

2

Start your own **Be Well Walk**. Organize a group of friends and neighbors to walk with you and make their own **commitment to being well**. Share your story on [Facebook.com/bewellbook](https://www.facebook.com/bewellbook) for a free water bottle.

3

**Survey** your neighbors and identify the things your **community needs** to help families live healthier. Do you need more walking trails or more playgrounds? Take your list to community leaders and get the ball rolling toward **positive changes**.

4

**Identify free or affordable resources** available in your community, then share your list with your friends and neighbors.





# Pass It On: Spark a Community Effort

There is a need for individual leaders, both adults and kids like Ashlyn and Guido, to step up and collaborate in their communities and inspire people to take the small, simple steps to a healthier lifestyle. You'll be surprised at what you can accomplish. As I learned about the kids in this book, it reminded me of my nephews Ryan and Blake who started Camp SPARK a few years ago, and my son Zachary who has since partnered with them to help expand Camp SPARK across the country. The Camp SPARK (Strong Powerful Athletic Rockin' Kids) mission is to get kids physically active while learning about good sportsmanship. What started as a few kids gathering for a week r has now turned into summer day camps that provide a unique camp experience for hundreds of kids.

Zachary ran Camp SPARK this summer in Austin for more than 80 boys between the ages of 5 and 12. Zachary's friend Ethan ran Camp SPARK in California, specifically for underprivileged kids. Ryan and Blake ran Dallas Camp SPARK in their own home for two years, but this past summer, they asked to use their school gym and fields and were able to hold a much bigger camp there. They also worked with their friend Morgan to open up the first Camp SPARK for girls. Ryan, Blake, and Zachary also help arrange for sponsors to help those campers who can't otherwise afford to go to camp.

My hope is that you'll also find the motivation within yourself, your children, and your community to take that first step to ensure a healthy future for our next generation.

It's up to us to be the voice of our children, to demand changes in policy, our communities, and our schools, and to teach our children the importance of good nutrition and physical activity. Now go forth, be the difference, and be well! – *Susan Dell*

# Stevon

*and his family*

Stevon is an athlete in every sense of the word, but he's also a father, husband, and community innovator. He attended college at Southern Mississippi and majored in sports management. He had great internships with the NBA developmental league, as well as the Baltimore Ravens. They were great high-profile jobs, but he felt his mission in life needed to be to give back to the community. So he went to Nashville, Tennessee, got involved in the Metro Parks Department, and started programs that are improving the lives of hundreds of kids each year. — *Susan Dell*

"I came to the Coleman Community Center for the first time in 2003. We didn't have many kids who could take advantage of the center because the intersection where we're located is the busiest one in Nashville, and the neighborhood has a lot of gang violence. It wasn't safe for the kids to walk here, and a lot of them didn't have transportation. I set out on a mission to grow that program.

I knew I needed to work with the schools on a solution, but I also knew I needed help. I needed to get support from state representatives, city councilmen, and community leaders so they could help open doors for me and get me in front of the principals at the schools in Nashville.

When I shared my plans for a free after-

school program, the principals, government officials, and business leaders were all on board. They were sold on my idea of creating a program that enriched the kids' lives every day and gave them a safe place to go.

The biggest hurdle we had to cross was transportation. So I went in front of the school board and shared our plan — to have school busses drop the kids off at the community center like a regular bus stop. We agreed to meet the buses and sign the kids in each day, and their parents would sign them out at night. The plan was approved unanimously.

We went from 10 to 15 kids at the center to 125 kids in our after-school program. It's a great sound to hear them every afternoon. It's one of my biggest accomplishments."



MONTH 12:  
Pass It On: Spark a  
Community Effort

# Guido

*and his family*

Guido is part of the Alliance for a Healthier Generation's Youth Advisory Board, a group of 20 students chosen by the Alliance to be advocates for good health. Their goal is to help kids across the country get and stay healthier. Guido said his goal is to spread the health bug throughout his hometown of Miami and across the United States. — *Susan Dell*

"It all started when I attended a speech that President Bill Clinton gave in our school district. I got to go because I was part of the running club at my old school, North Beach Elementary. We went to the speech, and there he said that this generation would be the first to die younger than our parents. I was really concerned when I heard this and wanted to do whatever I could to help.

A few weeks later, some people from the Alliance for a Healthier Generation, which was founded by the American Heart Association and the William J. Clinton Foundation, came to my school.

My P.E. teacher told the Alliance how much President Clinton's speech impacted me and that I wanted to do whatever I could to help kids from dying before their parents. I was recommended for the Youth Advisory Board.

I try to use my voice for good. I have visited other schools to try to teach kids what they can do to live longer than their parents. Recently, I was able to visit a health and career day at another school and go from class to class and talk to kids about how they can stay healthy and what they can do to spread that message to their friends as well.

At my school, they opened up a salad bar. I made a commitment to eat salad at least two times a week, every Tuesday and Thursday. I would go and eat from the salad bar when it was available. Once my friends saw me eating salads, they said, 'Wow. He's actually doing that. He's eating salad, and it doesn't look too bad. I think I'll try that, too.' So a lot of people from North Beach Elementary started eating the salads."





# Xinia

*and her family*

As a mother, Xinia believes it is her job to make sure her children have every chance in life. That begins with health. I can't think of a better gift to give your children than strong bodies and minds. – *Susan Dell*

“When my kids needed a safe place to play and exercise, a group of moms started a campaign to revamp the park in our neighborhood. We raised \$400,000 for the project by asking for state funding and getting the support of our local politicians. The park was once dilapidated, but now it has a new playground and a grassy area for children to play baseball and soccer. It's all because a group of moms wanted to see changes happen in our neighborhood.

I also wanted to improve the foods the kids in our neighborhood had access to. I was unhappy when I saw how many unhealthy items were on the menus at the local restaurants near our home. So I called and visited the businesses to ask owners and chefs to serve healthier foods instead of things that were

fried. It was hard not to be frustrated when so many people slammed the door in my face. I was surprised when some of them actually started to listen.

Now some of those restaurants are serving fruit cups, whole-wheat sandwiches, lean turkey, chicken, and low-fat menu options. Many of them now serve a whole list of healthy options.

The experiences I've had prepared me to work with the University of San Diego State Foundation and the Network for a Healthier California to hold community seminars on nutrition, exercise, and healthy living. It's a great way for me to help other moms.

Mothers need to ask for what they need for their children. It doesn't hurt to have your voice heard. It can help everyone if you speak up.”



# 4

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

- 1 Visit** with your neighbors and determine the few things that could be done in your **community** to get people moving more in the neighborhood. **Work together** to write your city's leaders to bring about change.
- 2 Start your own Be Well Walk.** Organize a group of friends and neighbors to walk with you and make their own **commitment to being well.** Share your story on Facebook.com/bewellbook for a free water bottle.
- 3 Survey** your neighbors and identify the things your **community needs** to help families live healthier. Do you need more walking trails or more playgrounds? Take your list to community leaders and get the ball rolling toward **positive changes.**
- 4 Identify free or affordable resources** available in your community, then share your list with your friends and neighbors.

**Important tips:**  
• Small steps can have a big impact.  
• Choose one or two steps to begin each month.



## Resources

-  **PUBLICATION**  
*The Good Food Revolution*  
Will Allen, Charles Wilson
-  **MOBILE APP**  
Free Deck Workout
-  **ORGANIZATION**  
Kaboom!  
www.kaboom.org
-  **COMMUNITY**  
Your local city hall



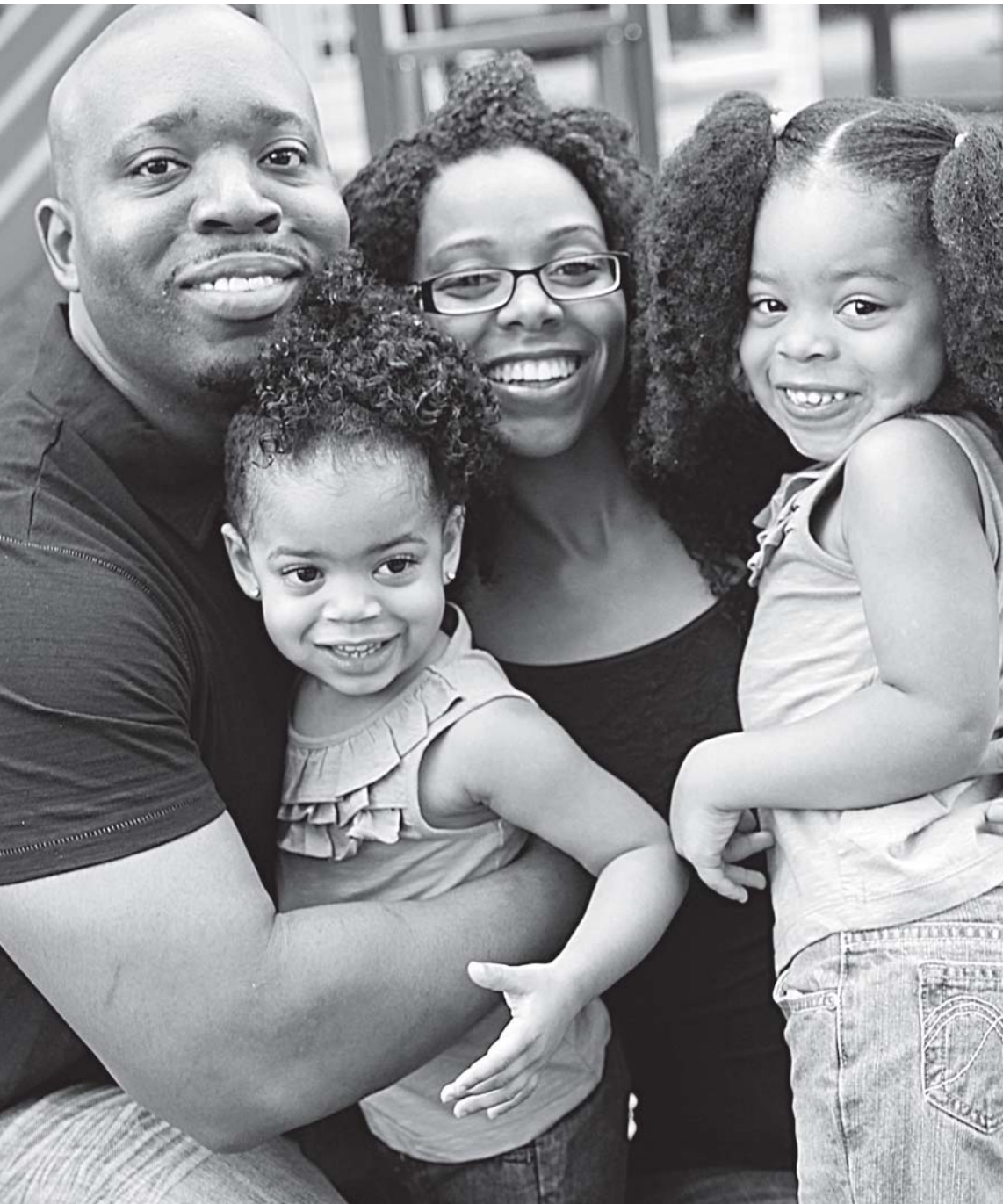
## Difúndalo: inicie un esfuerzo en toda su comunidad

Existe la necesidad de que líderes, tanto adultos como menores, como Ashlyn y Guido, den un paso adelante y colaboren en sus comunidades e inspiren a las personas para que den los pequeños y sencillos pasos hacia un estilo de vida más saludable. Le sorprenderá lo que se puede lograr. Cuando supe acerca de los niños mencionados en este libro, me acordé de mis sobrinos Ryan y Blake, quienes iniciaron el campamento SPARK unos cuantos años atrás, y de mi hijo Zachary, quien desde entonces se les ha unido para ayudar a la expansión del campamento SPARK en toda la nación. La misión del campamento SPARK (siglas de Strong Powerful Athletic Rockin' Kids; es decir, 'muchachos excelentes, fuertes, poderosos y atléticos') es mantener físicamente activos a los muchachos mientras aprenden acerca de la camaradería. Lo que empezó como unos cuantos muchachos reunidos por una semana se ha convertido ahora en campamentos de verano que proporcionan una experiencia de campamento única a cientos de niños.

Zachary operó el campamento SPARK este verano en Austin con más de 80 niños de cinco a 12 años de edad. Su amigo Ethan operó el campamento SPARK en California, de manera específica para niños en situación de desempleo. Ryan y Blake operaron el campamento SPARK en Dallas en su propia casa durante dos años, pero este último verano solicitaron usar el gimnasio y campos de la escuela y pudieron tener allí un campamento mucho más grande. También colaboraron con su amiga Morgan en la apertura del primer campamento SPARK para niñas. Ryan, Blake y Zachary también ayudaron a hacer los arreglos para patrocinadores que ayudan a otros campistas que no pueden costear un campamento.

Mi esperanza es que usted también encuentre motivación en su interior, en sus hijos y en su comunidad para dar el primer paso y asegurar un futuro más sano a la siguiente generación.

Está en nuestras manos ser la voz de nuestros hijos y exigir cambios en las políticas, nuestras comunidades y nuestras escuelas, y enseñar a nuestros hijos la importancia de la buena nutrición y la actividad física. Ahora, ¡pónganse en marcha, marque la diferencia y esté bien! – Susan Dell





# Stevon

y su familia

Stevon es un atleta en toda la extensión de la palabra, pero también es padre, esposo e innovador en la comunidad. Realizó sus estudios superiores en Southern Mississippi con especialidad en administración deportiva. Tuvo excelentes pasantías en la liga de desarrollo de la NBA y con los Cuervos de Baltimore. Aunque fueron trabajos excelentes de alto perfil, sintió que su misión en la vida requería devolver algo a su comunidad. Así pues, regresó a Nashville, Tennessee, empezó a trabajar en el Departamento de Parques Metropolitanos e inició programas que están mejorando la vida de cientos de niños cada año.

— Susan Dell

“En 2003, llegué por primera vez al Centro Social Coleman. No teníamos muchos muchachos que pudieran aprovechar el Centro porque se ubica en una de las esquinas más transitadas de Nashville, en un barrio donde hay mucha violencia de pandillas. No era muy seguro que los niños caminarán hasta el Centro y muchos de ellos carecen de transporte. Me puse como misión hacer que creciera ese programa.

Sabía que necesitaba trabajar con las escuelas para encontrar una solución, pero que también necesitaría ayuda. Necesitaba obtener el apoyo de representantes estatales, concejales de la ciudad y líderes comunitarios para que me abrieran las puertas y me pusieran frente a los directores de las escuelas de Nashville.

Cuando comenté mis planes de un programa gratuito para después de clases, se su-

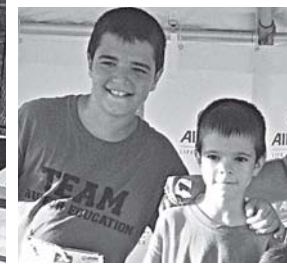
maron al esfuerzo los directores de escuelas, funcionarios gubernamentales y líderes de negocios. Les convenció la idea de crear un programa que enriqueciera la vida de los niños todos los días y les diera un lugar seguro a dónde ir.

El mayor problema que tuvimos que enfrentar fue el transporte. Así pues, expuse nuestro plan al consejo escolar que los autobuses escolares llevarán a los niños hasta el centro social como una parada normal de autobús. Acordamos reunir los autobuses y recibir a los niños todos los días, y luego sus padres los recibirían por la noche. El plan fue aprobado por unanimidad.

Pasamos de tener de 10 a 15 niños en nuestro programa del Centro para después de clases hasta tener 125 niños. El ruido que hacen es algo que vale la pena escuchar cada tarde. Es uno de mis mayores logros”.



MES 12:  
Difúndalo: inicie un esfuerzo  
en toda su comunidad



# Guido

y su familia

Guido es parte del Consejo Asesor Juvenil de la Alianza para una Generación más Sana, grupo de 20 estudiantes elegidos por la Alianza como promotores de la buena salud. Su meta es ayudar a niños y adolescentes de toda la nación a estar y mantenerse sanos. Guido afirmó que su meta es diseminar la obsesión por la salud a lo largo y ancho de su ciudad natal, Miami, y de todos los Estados Unidos. — Susan Dell

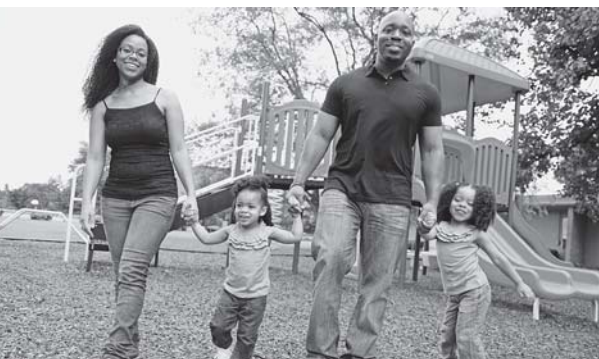
“Todo comenzó cuando asistí a un discurso que el Presidente Bill Clinton impartió en nuestro distrito escolar. Tenía que ir, ya que era parte de un club de carrera en mi antigua escuela primaria, North Beach Elementary. Fuimos al discurso, donde dijo que esta generación sería la primera en morir a menor edad que la de sus padres. Realmente me preocupé al escuchar esto y quise hacer todo lo que podía para ayudar.

Unas cuantas semanas después, llegaron a mi escuela algunas personas de la Alianza para una Generación más Sana, que fundaron la Asociación Americana del Corazón y la Fundación William J. Clinton.

Mi profesor de educación física comentó a miembros de la Alianza lo mucho que me había impactado el discurso del Presidente Clinton y que quería hacer todo lo que pudiera para evitar que los niños murieran antes que sus padres. Fui recomendado para el Consejo Asesor Juvenil.

Trato de usar mi voz para el bien. He visitado otras escuelas para tratar de enseñar a los niños lo que pueden hacer para vivir más que sus padres. Hace poco, pude estar presente en un día de salud y carrera en otra escuela, ir de aula en aula y hablar a los niños acerca de cómo pueden mantenerse sanos y qué pueden hacer para difundir también ese mensaje a sus amigos.

En mi escuela, se inició una barra de ensaladas. Me comprometí a comer ensalada cuando menos dos veces por semana, cada martes y jueves. Comería de la barra de ensaladas cuando estuviera disponible. Una vez bque mis amigos me vieron comiendo ensalada, dijeron: ‘¡Caramba! Realmente lo está haciendo. Está comiendo ensalada y no parece estar tan mal. Creo que también la probaré’. Así fue que muchos estudiantes de la primaria North Beach Elementary empezaron a comer ensalada”.





# Xinia

## y su familia

Como madre, Xinia piensa que es su tarea asegurarse de que sus hijos tengan todas las oportunidades posibles en la vida. Esto comienza con la salud. No puedo imaginar un mejor regalo para sus hijos que un cuerpo y mente fuertes.

— Susan Dell

“Cuando mis hijos necesitaban un lugar seguro para jugar y ejercitarse, un grupo de mamás comenzó una campaña para modernizar el parque de nuestro barrio. Recaudamos \$400,000 dólares para el proyecto mediante solicitudes de financiamiento estatal y con el apoyo de nuestros políticos locales. El parque, que en otros tiempos estuvo deteriorado, ahora tiene una nueva área de juegos y otra de césped para que los niños jueguen béisbol y fútbol soccer. Todo esto se debe a que un grupo de mamás querían ver que ocurrieran cambios en nuestro barrio.

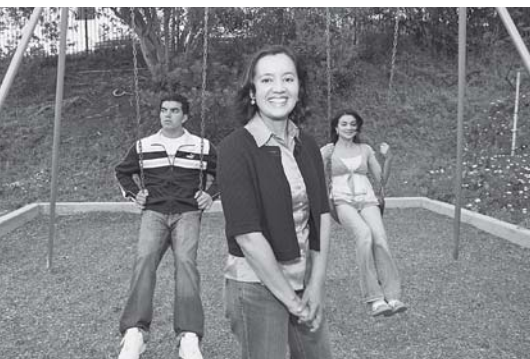
En lo personal, también quería mejorar los alimentos a los que tienen acceso los niños en nuestro barrio. Estaba descontenta cuando vi muchos alimentos poco saludables en los menús de los restaurantes locales, cercanos a nuestro hogar. Así pues, llamé y visité los negocios para pedir a los dueños y chefs que sirvieran platillos más saludables, en lugar de platillos

fritos. Fue difícil no sentirme frustrada cuando muchas personas me cerraron la puerta en la cara. Me sorprendió cuando algunas de ellas realmente empezaron a escucharme.

Ahora, en algunos de esos restaurantes se sirven copas de fruta, emparedados de trigo integral, pavo magro, pollo y otras opciones del menú bajas en grasa. Muchos de ellos tienen ahora una lista completa de opciones saludables.

Las experiencias que he tenido me prepararon para colaborar con la Fundación de la Universidad Estatal de San Diego y la Red para una California más Sana en seminarios en las comunidades sobre nutrición, ejercicio y vida saludable. Para mí es una excelente manera de ayudar a otras mamás.

Es necesario que las madres pidan lo que necesitan para sus hijos. Nunca hace daño hacer que se escuche su voz. Puede ayudar a todo mundo si expresa lo que piensa”.



# 4

## PASOS FÁCILES de este mes para estar bien

- 1 Visite** a sus vecinos y determinen cosas que podrían hacer en su **comunidad** para lograr que las personas estén en más movimiento en su barrio. **Trabajen juntos** en escribir a los líderes de su ciudad para que se produzca el cambio.
- 2 Inicie** su propia **Caminata Be Well**. Organícese con un grupo de amigos y vecinos para que caminen con usted y establezcan su propio **compromiso con estar bien**. Comparta su historia en [Facebook.com/bewellbook](https://www.facebook.com/bewellbook) y reciba una botella de agua gratuita.
- 3 Pregunte** a sus vecinos para identificar qué **necesita su comunidad** con el fin de ayudar a que las familias vivan más saludablemente. ¿Se necesitan más senderos para caminar o más áreas de juego? Lleve su lista a líderes de la comunidad y ponga la pelota a rodar hacia **cambios positivos**.
- 4 Identifique recursos gratuitos o asequibles** que estén disponibles en su comunidad y luego comparta la lista con sus amigos y vecinos.

### Consejos importantes:

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



## Recursos



PUBLICACIÓN

*The Good Food Revolution*  
Will Allen, Charles Wilson



APLICACIÓN  
MÓVIL

Free Deck Workout



ORGANIZACIÓN

Kaboom!  
[www.kaboom.org](http://www.kaboom.org)



COMUNIDAD

El ayuntamiento de su  
localidad



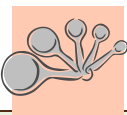




# DECEMBER



## Get Moving Today!

## ACTIVITY CALENDAR




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time to practice your jumping skills. Practice jumping far and high – bend your knees, reach for the sky, and land softly.	Go for a walk. As you walk practice other ways to move, skipping, galloping, sliding, and leaping.	Using a balloon, practice volleying with different parts of your body. Can you keep the balloon in the air using your hand, your thumb, or even your elbow?	Go on an ABC treasure hunt! Move throughout your house finding items that begin with each letter. When you get to an item do a fun movement such as donkey kicks, log rolls, or jumping jacks.	Movement Add On: Working together, create a movement sentence. One person starts by doing one movement, the next person does a new movement, and then do the two movements together. Keep adding new movements.	Enjoy the day by going for a family walk. As you walk together take turns sharing something that is special about your family.	Turn on some relaxing, quiet music as you stretch your body in many different ways. Between each stretch try to relax and breathe.
Work on your kicking skills. Kick a pair of rolled up socks from room to room.	Sit with your family and take turns laughing. Try to make your laugh extra special.	Time to roll. Clear out some space in your home and roll from one end to the other. First keep your body as straight as you can, then try it with a bent body.	Roll up some socks and practice your throwing skills - turn, step, throw, follow-through.	Practice your hopping skills! Hop once on each foot, and then hop twice on each foot, etc. Keep on hopping and counting.	 Pretend to skate on paper plates. Add some style and some tricks.	Puzzle relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle.
Find items around your home that make noise. Use these "instruments" as you march through your home in a parade.	Create an obstacle with chairs and blankets. Practice moving under, over and around. 	Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.	Sort toys as you exercise. Begin by figuring out how to sort – by color, by size – then make piles on different ends of your home. As you find an object move quickly to the correct pile, hop on each foot five times, and then move quickly back to get another toy.	Use your creativity to make up a new game that uses something from your kitchen. Give your game a funny name. 	Get outside and go for a walk. As you walk breath in through your nose and blow out through your mouth.	Work on your cutting skills and make some paper snowflakes. 
Use the snowflakes from yesterday to make a trail through your home. Can you move through your home without touching the floor and only touching the snowflakes?	Take a run. Work on moving in a straight line, move your arms front and back, and land lightly on your feet. Celebrate winning the race!	Family relaxation activity. Turn the lights off and you lay down on the floor. Squeeze and then relax your muscles. Breathe.	Movement charades: Act out something that has to do with winter. Can anyone guess what you are?	Indoor snowball fight! Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.	Transportation fun: Begin by identifying a different form of transportation and then pretend to do it. Such as riding your bike, driving a big bus or gliding on your roller blades.	Scatter socks throughout the room. Pretend to walk on a tight rope. When you get to a sock, stand on one foot, bend down and pick up the sock – keep your balance.
Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body.	Pretend to float all through your home like a snowflake falling from the sky - float high, float low, float fast, float slow.	Can you build a tower out of pillows? Practice your underhand throwing skill as you try to knock over the tower.	Pretend to be animals who play in the snow – walk like a polar bear, a penguin, and a seal.	Sit across from your parent/caregiver and practice rolling a "snow ball" back and forth – count to 10 as you roll back and forth, and then move further apart and try it again.	Put mittens on your feet and use them as skates to glide across the kitchen floor. 	What was your favorite activity this month? Give it another try!

# DICIEMBRE



## “A Moverse Hoy”!

## CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Es hora de practicar tus habilidades de saltar - práctica saltando lejos y alto- dobla las rodillas, alcanza hacia el cielo, y aterriza suavemente.	Ve a caminar. Mientras caminas, practica otros tipos de movimientos...brincando, galopeando, y saltando.	Usando un globo, practica voleando con diferentes partes del cuerpo. ¿Puedes mantener el globo en el aire usando tu mano, tu pulgar, o hasta tu codo?	Anda en una búsqueda del alfabeto- muévete alrededor de tu casa encontrando objetos que comiencen con cada letra del alfabeto. Cuando encuentres un objeto, haz un movimiento divertido como patear como burro o piruetas.	Aumenta movimiento - Trabajando juntos hagan una oración con movimientos. Una persona comienza haciendo un movimiento, la siguiente persona hace un nuevo movimiento, y luego hacen los 2 movimientos juntos... sigan aumentando otros movimientos.	Disfruta del día yendo a caminar con tu familia. Mientras caminen juntos tomen turnos compartiendo algo que sea especial sobre tu familia.	Toca música suave y relajante mientras estiras tu cuerpo en diferentes maneras. Entre cada estiro, trata de relajarte y respira.
Practica tus habilidades de patear. Patea un par de calcetines viejos que estén enrollados en una bola de habitación a habitación.	Siéntate con tu familia y toma turnos riendo. Trate de que tu risa sea bien especial.	Hora de rodar. Haz espacio en una habitación en tu hogar y rueda de un lado al otro. Primero mantiene tu cuerpo lo más recto que puedas y luego intenta rodar con el cuerpo doblado.	Enrolla unos calcetines y practica tus habilidades de lanzar... da un paso, lanza, dale seguimiento.	¡Practica tus habilidades de salto! Salta una vez con cada pie, luego salta dos veces con cada pie, etc. Sigue saltando y contando.	 Pretende patinar con platos de papel. Dale un poco de estilo y aumenta unos trucos.	Carrera de rompecabezas - Pon piezas de un rompecabezas en un lado de la habitación. Comenzando en el otro lado, corre, levanta una pieza, corre de vuelta y comienza a armar el rompecabezas.
Encuentra objetos por la casa que hagan ruido. Usa estos “instrumentos” mientras marchas por tu hogar desfilando.	Crea una carrera de obstáculos con sillas y frazadas. Practica moviéndote por debajo, encima y por el redor.	Visita cada espacio en tu hogar, pero cada vez que llegues a un espacio salta cinco veces lo más alto que puedas antes de moverte al siguiente espacio.	Clasifica juguetes mientras haces ejercicio. Comienza descifrando como vas a clasificar – por color, por tamaño – luego haz montones en diferentes lados de tu hogar. Al encontrar objetos, muévete rápido hacia el montón correcto, salta de un pie, y muévete rápido para recoger otro juguete.	Usa tu creatividad para crear un nuevo juego que use algo que se encontraría en la cocina. Dale un nombre chistoso a tu juego.	Sal afuera y ve a caminar. Mientras caminas respira el aire por tu nariz y exhala por la boca.	Practica tus habilidades de cortar y haz unos copos de nieve
Usa los copos de nieve de ayer para hacer un camino por tu hogar. ¿Puedes moverte por tu hogar sin tocar el piso y solo tocando los copos de nieve?	 Ve a correr - Practica moviéndote en una línea recta, mueve tus brazos hacia adelante y hacia atrás, aterriza suavemente en tus pies. ¡Celebra ser el ganador de la carrera!	Actividad familiar de relajación. Apaga las luces y acuéstate en el suelo. Aprieta todos tus músculos y luego relájalos. Respira.	 Juego de Movimientos - Pretende hacer algo que tenga que ver con el invierno. ¿Puede adivinar otra persona que estás haciendo?	Pelea de nieve - Haz un montón de pelotas de papel y diviértete tirándolas lejos, cerca, alto, bajo. Recógelas y hazlo otra vez.	Diversión con transportación - Comienza identificando una forma de transportación diferente y pretende hacerlo. Tal como manejar bicicleta, manejar un autobús, patinar con patines.	Disperse calcetines por toda la sala. Pretende caminar de puntitas en una cuerda floja – cuando llegues a un calcetín, párate de un pie, agáchate y recoge el calcetín – mantiene tu balance.
Ve afuera y persigue a otra persona hasta que lo agarres. Tomen turnos. Si hay nieve en el piso será mucho mejor para ejercitar el cuerpo.	Pretende flotar por todo tu hogar como si fueras un copo de nieve cayendo del cielo...flota alto, flota bajo, flota rápido, flota despacio.	Puedes hacer una torre de almohadas y practicar lanzando con el brazo por debajo la cintura. Intenta de derribar la torre.	Imaginen ser animales jugando en la nieve – camina como un oso polar, un pinguino y una foca.	Siéntate al frente tu padre/cuidador y practica rodando “una bola de nieve” entre los dos- cuenta hasta 10 mientras la ruedas de un lado al otro. Muévanse más atrás e inténtenlo nuevamente.	Ponte guantes en los pies y úsalos como patines resbalando por el piso de tu cocina.	¿Cual fue tu actividad favorita este mes? ¡Inténtala nuevamente!