

Back to School Back to Health

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For more information on ways to lead a healthier lifestyle visit our website getheathyct.org

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September 2016

Get
Healthy
CT



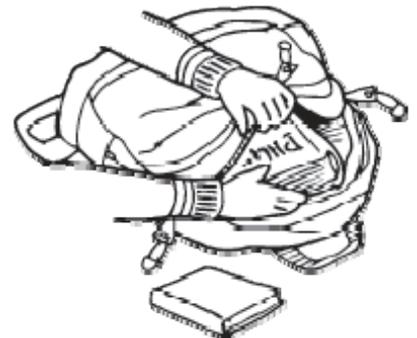
Backpack Strategies for Parents and Students



Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading a Pack

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.



Wearing a Pack

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.



Need More Information?

For more facts on backpack safety, see "Backpack Facts: What's All the Flap About?"

If you would like to consult an occupational therapy practitioner about an ergonomic evaluation regarding backpacks, computer use, or other learning-related issues, talk to your child's teacher about whether a referral to occupational therapy is appropriate. Your physician, other health professionals, and your school district's director of special education may also be able to recommend an occupational therapy practitioner.

10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

10 consejos

Serie de educación en nutrición

que su familia se mantenga activa



10 consejos para que su familia sea más activa

La actividad física es importante en niños y adultos de todas las edades. Mantener la familia activa puede beneficiar a todos. Los adultos necesitan 2½ horas de actividad física a la semana y los niños necesitan 60 minutos por día. Siga estos consejos para incrementar la actividad física de su familia.

1 planee actividades específicas

Determine las horas en las que toda la familia esta disponible. Dedique algunas de éstas horas para la actividad física. Trate de hacer alguna actividad después de la cena o empiece el fin de semana con una caminata en la mañana del Sábado.



2 planee con anticipación y tome nota de sus logros

Escriba sus planes en el calendario familiar. Deje que los niños ayuden a planear las actividades. Permita que ellos marquen las actividades que ya realizaron.

3 incluya el trabajo en la casa

Deje que los niños participen en el trabajo del jardín y otras tareas de la casa. Ellos pueden ayudar rastrillando, deshierbando, plantando o aspirando.



4 use lo que esta disponible

Planee actividades que no requieren herramientas o espacios especiales. Ejemplos incluyen: caminar, trotar, saltar soga, jugar a las escondidas y bailar. Busque programas gratis o de bajo costo en los centros recreativos de su comunidad.

5 desarrolle nuevas habilidades

Suscriba a los niños en clases que los entretengan como: gimnasia, danza o tenis y ayúdelos a practicar. Esto ayudará a mantener las actividades divertidas, interesantes y desarrollarán nuevas habilidades.

6 planee para todas las condiciones del tiempo

Escoga algunas actividades que no dependan de las condiciones del tiempo. Pruebe caminando en el centro comercial, natación en piscina cubierta o juegos activos de video. Disfrute actividades adicionales afuera cuando el tiempo lo permita.

7 apague la televisión

Establezca una regla de tal manera que nadie pueda ver TV, juegos de video o usar la computadora por más de 2 horas por día (excepto por las tareas de la escuela). En vez de un programa de televisión participe en un juego familiar activo, baile su música favorita o salga a caminar.

8 empiece poco a poco

Empiece introduciendo una nueva actividad familiar y adicione más cuando vea que todos esten listos. Lleve al perro a largas caminatas, juegue con la pelota o vaya a clases de educación física.



9 incluya otras familias

Invite a otras familias a tus actividades. Esta es una manera para que sus niños compartan el tiempo con amigos mientras hacen actividad física. Planee fiestas con juegos activos como boliche, carrera de obstáculos, suscríbese en los programas familiares de YMCA o en un club recreacional.



10 deleite a su familia con actividad divertida

Cuando sea tiempo de una celebración familiar, planee algo activo como premio. Planee un paseo al zoológico, al parque o al lago, para deleite de todos.



How Much Physical Activity is Needed?

Physical activity is important for everyone, but how much you need depends on your age.

Adults (18-64 years)

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

Children and adolescents (6-17 years)

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun, and offer variety.

Young children (2-5 years)

There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally appropriate, fun, and offer variety.

Physical activity is generally safe for everyone. The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active:

- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.

Source: <http://www.choosemyplate.gov/physical-activity-amount#>



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

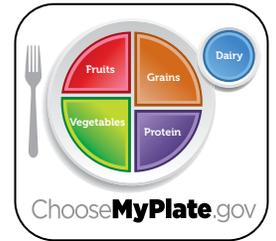


10 tips

Nutrition Education Series



the **School Day**
just got
Healthier
United States Department of Agriculture



Nearly 32 million children receive meals throughout the school day. These meals are based on nutrition standards from the U.S. Department of Agriculture. New nutrition standards for schools increase access to healthy food and encourage kids to make smart choices. Schools are working to make meals more nutritious, keep all students hunger-free, and help children maintain or reach a healthy weight.

1 healthier school meals for your children

Your children benefit from healthier meals that include more whole grains, fruits and vegetables, low-fat dairy products, lower sodium foods, and less saturated fat. Talk to your child about the changes in the meals served at school.

2 more fruits and vegetables every day

Kids have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.



3 more whole-grain foods

Half of all grains offered are whole-grain-rich foods such as whole-grain pasta, brown rice, and oatmeal. Some foods are made by replacing half the refined-grain (white) flour with whole-grain flour.



4 both low-fat milk (1%) and fat-free milk varieties are offered

Children get the same calcium and other nutrients, but with fewer calories and less saturated fat by drinking low-fat (1%) or fat-free milk. For children who can't drink milk due to allergies or lactose intolerance, schools can offer milk substitutes, such as calcium-fortified soy beverages.



5 less saturated fat and salt

A variety of foods are offered to reduce the salt and saturated fat in school meals. Main dishes may include beans, peas, nuts, tofu, or seafood as well as lean meats or poultry. Ingredients and foods contain less salt (sodium).



6 more water

Schools can provide water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Water is available where meals are served.

7 new portion sizes

School meals meet children's calorie needs, based on their age. While some portions may be smaller, kids still get the nutrition they need to keep them growing and active.

8 stronger local wellness programs

New policies offer opportunities for parents and communities to create wellness programs that address local needs. Talk with your principal, teachers, school board, parent-teacher association, and others to create a strong wellness program in your community.

9 MyPlate can help kids make better food choices

Show children how to make healthy food choices at school by using MyPlate. Visit ChooseMyPlate.gov for tips and resources.



10 resources for parents

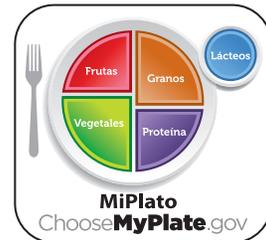
School meal programs can provide much of what children need for health and growth. But for many parents, buying healthy foods at home is a challenge. Learn more about healthy school meals and other nutrition assistance programs at www.fns.usda.gov.

10 consejos Serie de educación en nutrición



El Día Escolar ahora es más Saludable

United States Department of Agriculture



Cerca de 32 millones de niños reciben comidas a través del comedor escolar. Estas comidas están basadas en estándares nutricionales emitidos por el Departamento de Agricultura de los EE.UU. Los estándares nutricionales para los comedores escolares incrementan el acceso a alimentos nutritivos y animan a los niños a seleccionar comidas saludables. Los centros escolares están trabajando para hacer las comidas más nutritivas, a mantener a los estudiantes sin hambre, y ayudar a los niños a mantener o alcanzar un peso saludable.

1 comidas escolares saludables

Sus niños se benefician con comidas saludables que incluyen granos integrales, frutas y vegetales, productos lácteos bajos en grasa, alimentos bajos en sal y menos grasas saturadas. Hable con su niño(a) sobre los cambios en las comidas que se están sirviendo en los colegios.

2 más frutas y vegetales cada día

Los niños disponen de frutas y vegetales cada día. Una gran variedad de vegetales son servidos durante la semana, incluyendo verduras y otros vegetales rojos y anaranjados.



3 más granos integrales

La mitad de los cereales ofrecidos son productos integrales como por ejemplo: pasta de harina integral, arroz integral y avena. Algunos productos son hechos reemplazando la mitad de la harina refinada por harina integral.



4 leche sin grasa y baja en grasa (1%) son ofrecidos

Al tomar leche sin grasa o baja en grasa (1%), los niños adquieren la misma cantidad de calcio y otros nutrientes pero con pocas calorías y menos grasas saturadas. Para los niños que no pueden tomar leche debido a alergias o por ser intolerantes a la lactosa, los colegios pueden ofrecer sustitutos de leche como por ejemplo bebidas de soya fortificadas con calcio.



5 menos sal y menos grasas saturadas

Variedad de alimentos son ofrecidos para reducir la sal y las grasas saturadas en las comidas escolares. Las comidas principales pueden incluir frejoles, alverjitas, nueces, tofu o pescado, así como carnes magras y pollo. Los ingredientes y comidas contienen menos sal (sodio).



6 más agua

Los centros escolares pueden proveer agua en jarras y en vasos para las bandejas de almuerzo, también habrá agua disponible en fuentes o caños para permitir que los estudiantes llenen sus vasos y botellas con agua para beber. El agua estará disponible en los comedores escolares.

7 nuevos tamaños de porciones

Las comidas escolares satisfacen las necesidades calóricas de los niños de acuerdo a su edad. Mientras algunas porciones pueden ser pequeñas, éstas aún satisfacen las necesidades nutricionales de los niños para que sigan creciendo y se mantengan activos.

8 fortalecer los programas locales de salud

Las nuevas regulaciones ofrecen oportunidades para que los padres de familia y las comunidades puedan crear programas de salud y promoción social que permitan satisfacer las necesidades locales. Hable con el coordinador del centro escolar, maestros, asociación de maestros y padres de familia, y otros para crear programas de salud en su comunidad.

9 MiPlate puede ayudar a sus niños a escoger mejor sus alimentos

Muestre a los niños cómo elegir sus alimentos saludablemente en el colegio usando MiPlate. Visite ChooseMyPlate.gov para consejos y otros recursos.



10 recursos para los padres

Los programas de alimentos escolares pueden proveer mucho de lo que los niños necesitan para crecer saludables. Sin embargo para muchos padres comprar alimentos saludables es difícil. Infórmese más sobre comedores escolares saludables y otros programas de nutrición en www.fns.usda.gov.

Putting the *fast* in breakfast—



3

quick and easy solutions

No time for breakfast? If so, you or your family are missing out on the many benefits of eating the morning meal. Check out the three quick and easy solutions below plus a full menu of speedy, nutritious—and simply delicious—breakfasts the whole family will love.



solution 1

Break for Breakfast: Take a Few Minutes to Fuel Up

Don't skip breakfast to shave precious morning minutes! Try these lightning-fast meals that can help propel you and your kids throughout the day.

- **The Traditional Triplet.**

Whole-grain ready-to-eat cereal and fat-free milk plus 100 percent orange juice.

- **The Hot and Wholesome Bowl.**

Microwavable oatmeal with chopped apples and walnuts—make with fat-free milk instead of water for an extra punch of protein, calcium, and vitamin D.

- **The PB&B.**

Whole-wheat toast topped with peanut butter and sliced bananas plus fat-free milk.



- **The Swirl-and-Go.**

Crunchy high-fiber cereal, blueberries, and sunflower seeds swirled into low-fat or fat-free vanilla yogurt.



- **The Little Dipper.**

Graham crackers dipped into low-fat or fat-free fruit yogurt plus 100 percent apple juice.

- **A Little on the Lunch Side.**

A turkey and low-fat Swiss sandwich on whole-wheat plus 100 percent orange juice.

- **On a Roll.**

A whole-wheat tortilla wrapped around a low-fat cheese stick plus a bunch of grapes (be sure to cut grapes in half for younger children).

- **The Waffle Tower.**

A toasted frozen whole-grain waffle piled high with sliced strawberries, a dollop of low-fat or fat-free yogurt and a sprinkling of sliced almonds.

- **Easy as Apple Pie.**

A toasted whole-grain bagel half layered with apples slices and reduced-fat Cheddar cheese.

- **Something Spicy.**

Whole-grain cinnamon-raisin toast spread with low-fat ricotta cheese plus 100 percent orange juice.

solution 2

Brown Bag Breakfast: It's Not Just for Lunch Anymore

Pack good nutrition into your and your kid's day! It's quick to add breakfast items right into lunch bags and boxes. Try these combos—or mix-and-match foods to suit your family's taste buds.

- **Smooth and Crunchy.**

A bottled yogurt smoothie, small bag of whole-grain cereal, and a banana.

- **Say "Cheese."**

A low-fat cheese stick, whole-grain crackers, and a 100 percent apple juice box.

- **Peachy Plus.**

A container of low-fat cottage cheese and diced peaches plus whole-grain crackers.

- **A Most Tutable Trio.**

A whole-grain cereal bar, fat-free yogurt cup, and a pear.

- **Your Pick Mix.**

Your favorite cereal, dried fruit and nuts in a resealable plastic bag plus a single-serve container of low-fat or fat-free milk.

- **Kid-Friendly Combo.**

An oatmeal-apple muffin and a single-size bottle of low-fat chocolate milk.





• **On a Roll.**

A whole-wheat tortilla wrapped around a low-fat cheese stick plus a bunch of grapes (be sure to cut grapes in half for younger children).

• **On the Grownup Side.**

A bran muffin, pink grapefruit cup, and single-size bottle of low-fat or fat-free milk.

• **A Savory Start.**

A hard-cooked egg, whole-wheat bread sticks, and a single serve can of reduced-sodium tomato juice.

• **Lunch Redux.**

An extra sandwich, apple, and bottle of low-fat or fat-free milk.

• **A Slice of Life.**

A cold cheese pizza slice plus 100 percent grape juice box.



solution 3

You Don't Have to Eat Breakfast Right Away, Eat it Within the First Few Hours of Your Day.

Where is it written that you have to eat breakfast the minute you get up—especially if you're not hungry yet? Enjoy these options a little later when hunger strikes.

• **Right through the Drive-Through.**

Order a low-fat yogurt, granola and fruit breakfast "sundae" plus 100 percent orange juice.

• **Coffee Shop Stop.**

A whole-grain English muffin with light cream cheese, fruit salad, and a small latte made with fat-free milk.

• **Vending Adventure.**

A granola bar, any fresh fruit, and a container of fat-free milk.

• **Fast from the Cafeteria.**

Oatmeal or ready-to-eat cereal with fat-free milk plus 100 percent orange juice.

• **The Build-a-Breakfast Desk Drawer.**



Instant oatmeal packs, single-serving whole-grain cereal boxes, cereal bars, nuts, peanut butter, whole-grain crackers, dried fruit, shelf-

stable containers of water-packed fruit, and 100 percent juice boxes. Keep low-fat or fat-free milk and yogurt in the office fridge.

• **Home on the Range.**

Any of the speedy ideas above or a more leisurely meal of a low-fat cheese omelet, veggie "sausage" or low-or reduced-fat sausage patty, whole-wheat toast, and sliced cantaloupe.

Mmm Mmm Morning Sundae

Quick and Easy from Kidnetic.com!

(makes 2 servings)

WHAT'S IN IT?

- 2 cups low-fat granola cereal without raisins
- 3/4 cup (6 ounces) low-fat vanilla yogurt
- 1 cup raspberries or blueberries, fresh or frozen (thawed)



STUFF YOU NEED

- 2 large glass mugs or sundae glasses
- Spoon
- Measuring cups
- Measuring spoons

HOW TO PUT IT TOGETHER

1. Into each glass, plop 1/2 cup of the cereal, then 3 tablespoons of the yogurt, then 1/4 cup of the berries.
2. Repeat.
3. Eat!



For more kid-friendly, easy-to-make recipes, visit the Recipe Roundup on Kidnetic.com at

<http://www.kidnetic.com/recipes/>



For more information about breakfast and health, please visit:

<http://ific.org/publications/other/breakfast.cfm>



International Food Information Council Foundation
1100 Connecticut Avenue, NW,
Suite 430
Washington, DC 20036

Lunch is Served!

It's that time of year! With summer winding down and September quickly approaching, parents and children nationwide are preparing for the back-to school season.

Parents can use the new school year as an opportunity to rethink and reenergize their child's nutrition. Good nutrition and learning go hand-in-hand. A healthy breakfast (and lunch) will provide your child with the fuel they need to stay focused throughout the day!



Good nutrition helps children grow, learn, build strong bones and muscles, maintain a healthy weight and reduce future chances of developing diabetes and heart disease. Teaching your child healthy habits early will pay off in the long run; children who consume nutrient-rich foods from a young age are more likely to maintain those good habits later in life!

Tips for Packing a Nutritious and Safe Breakfast (and Lunch!)

1. **Start the Day off Right** - Don't skip breakfast. If you are pressed for time, quick breakfast options include instant oatmeal topped with nuts or raisins, low-fat yogurt with sliced fruit or whole-grain toast with peanut butter
2. **Incorporate all food groups at lunch** - Half of each meal should consist of vitamin-rich fruit and veggies. Divide the remaining half equally between whole grains and lean protein like turkey, beans, or low-fat yogurt
3. **Get kids involved** - Take some time once a week to plan lunches together. If kids have a vested interest in their lunch, they're more likely to eat it.
4. **Pack it safely!**
 - If the lunch/snack contains perishable food items like luncheon meats, eggs or cheese, make sure to pack it in an insulated bag with at least two cold sources. You can use two frozen gel packs (not smaller than 5x3-inches each) or combine a frozen gel pack with a frozen juice box or frozen bottle of water.
 - If refrigeration or an insulated bag with cold sources is unavailable, consider substituting perishables with shelf-stable foods, such as trail mix, granola bars, bagels, whole fruit, or sandwiches with nut butter.

SAFE LUNCH STUDY GUIDE



Make sure your child's lunch passes from kitchen to cafeteria in A+ condition with these helpful tips from www.homefoodsafety.org.

✓ *Start Each Day With a Clean Slate*

Start each day off fresh by making sure your child's lunch box or lunch bag is washed with warm soapy water after each use. It's just one more way to keep lunchtime bacteria at bay!

✓ *Skip the Shortcuts*

On hectic mornings when preparing your child's lunch, take the time to avoid shortcuts that can lead to foodborne illness. Be sure to wash your hands before, during and after preparing children's lunches. Make sure counters and surfaces are clean and any remnants of last night's dinner are long gone to prevent cross-contamination.

✓ *Stay Cool for School*

Perishable foods should not be left out of refrigeration for more than two hours, but many students don't have access to a refrigerator at school. Help keep your child's lunch safe by packing it in an insulated lunch bag or lunch box and including an ice pack or frozen beverage container.

✓ *Create a (Shelf) Stable Environment*

If refrigeration is unavailable at your child's school, consider substituting perishables with shelf-stable foods such as trail mix, individual boxes of cereal, granola bars, bagels, carrot and celery sticks, whole fruit, dried fruit, single-serve applesauce and whole-grain crackers.



Home Food Safety™

www.homefoodsafety.org

✓ *Mind Your Fruits and Veggies*

In addition to washing vegetables and ready-to-eat fruits like apples and grapes, parents also should rinse peel-and-eat fruits like bananas and oranges to eliminate harmful bacteria that can spread during peeling or cutting.

✓ *Chill Out Right at Night*

If you prepare your child's lunch the night before, make sure perishable food items such as yogurt and meat or cheese sandwiches are properly stored in a refrigerator set below 40 degrees Fahrenheit. Not sure what the temperature is in your fridge? Invest in a refrigerator thermometer.

✓ *Lend a Helping Hand*

Remind your child to wash their hands before lunch at school or consider packing a moist towelette or hand sanitizer in their lunch container. Also, help teach kids the importance of lathering up before digging in by reinforcing good habits at home. Encourage them to sing two choruses of "Happy Birthday" (about 20 seconds) while washing their hands before all meals.

✓ *Leave Leftovers Behind*

Some kids keep their lunchtime leftovers for an afternoon snack, but not all foods can go the distance. Encourage your kids to throw away perishable foods right after lunch, and pack extra nonperishable food items for them to enjoy as an afternoon pick-me-up.





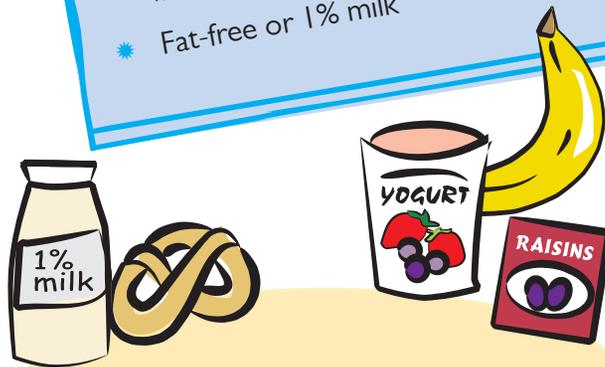
Healthy Snacks for Home + School

Smart snacking is a great way to meet daily nutrient requirements that may be missed at meal times.

Children may need snacks to help them get enough calories (energy) throughout the day. So, choosing healthy foods that add nutrients, like vitamins and minerals, to their diets is essential.

Milk, Yogurt + Cheese

- * String cheese and fruit
- * Milk or yogurt smoothies with juice and sliced bananas or strawberries
- * Cottage cheese or yogurt with fruit (fresh or canned)
- * Fat-free or 1% milk



Milk, cheese and yogurt are an easy way to boost nutrition.

Do you know which snacks are most nutritious?

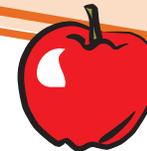
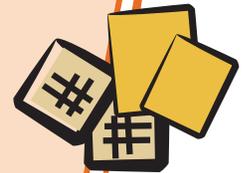
Fruits + Vegetables

- * Raw vegetables with low-fat yogurt dip, cottage cheese or hummus
 - Baby carrots
 - Celery sticks
 - Cucumber slices
- * Apples and cheese – pears and other fresh fruits work, too!
- * Snack-size applesauce
- * 100% fruit juice box



Grains + Meat, Beans and Nuts

- * Whole-grain crackers with cheese or peanut butter
- * Whole-grain cereal with milk
- * Flavored rice cakes (like caramel or apple cinnamon) with peanut butter
- * Baked potato chips, or tortilla chips with salsa
- * Popcorn – air popped or low-fat microwave
- * Pretzel sticks and a glass of milk
- * Trail mix with nuts and dried fruit



Which food-group foods would you offer your child based on what they like to eat?

1.
2.

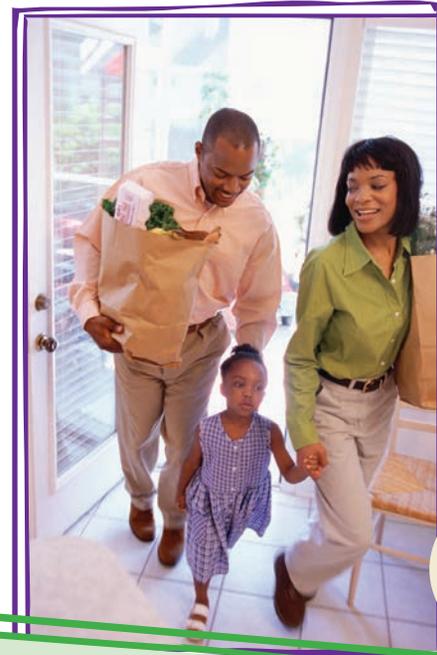


Snacking Tips for Parents

- * Plan ahead and **buy healthy snacks when you grocery shop**—you will save money and will make healthier choices than buying snacks on the go.
- * **Give kids choices** and make the choices you offer nutritious.
- * **Pre-portion your child's snacks** into small plastic bags to grab on the go or put a snack-sized serving on a plate.
- * **Assign an area in your refrigerator or cupboard for healthy snacks** that you have selected and your kids like—let them help themselves without having to ask for permission.
- * **Combine snacks from at least two food groups** to pack more nutrients into your child's diet—it will be more filling and will hold them over until their next meal.

For example, adding milk to cereal or serving string cheese with whole-wheat crackers or fruit is an easy way to add calcium, protein and other important nutrients to snacks.

Remember:
Space snacks far enough
away from meals so appetites are
not spoiled!



Tangy Yogurt Vegetable Dip Recipe

Ingredients

2-1/2 cups	plain Yogurt
1	packet Onion soup mix
1 tablespoon	minced Parsley
1/4 teaspoon	Garlic salt
1 teaspoon	Dill weed
Pinch	Pepper

Preparation

Mix ingredients in a bowl. Use vegetables of your choice—carrot sticks, celery sticks, green pepper rings, broccoli, zucchini sticks, radishes, etc.

It's best to make the dip ahead and refrigerate it overnight so that the flavors will blend and the dip will thicken slightly.

Nutrient Information

38 Calories / 1g Fat / 5g Carbohydrates / 3g Protein / 96mg Calcium



Bocadillos Saludables para la Casa y la Escuela

Los bocadillos elegidos inteligentemente son una magnífica forma de cumplir con los requerimientos nutricionales que pueden faltar en las comidas.

Los niños pueden necesitar los bocadillos para obtener suficientes calorías (energía) durante el día. De allí la importancia de elegir alimentos saludables que añadan nutrientes como vitaminas y minerales a su dieta.



Leche, Queso y Yogur

- * Queso para deshebrar y fruta
- * Licuados de leche o de yogur con jugo y pedazos de plátano o fresas
- * Requesón o yogur con fruta (fresca o de lata)
- * Leche sin grasa o con 1% de grasa

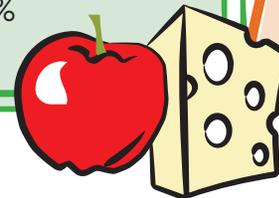


Si se eligen con cuidado, los bocadillos pueden promover la buena salud al proporcionar nutrientes sin añadir calorías de más.

Ideas de bocadillos rápidos y nutritivos:

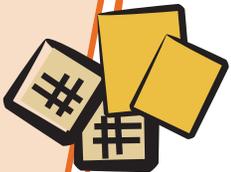
Frutas y Verduras

- * Verduras crudas con yogur bajo en grasa, requesón o humus
Zanahorias, pequeñas
Apio
Pepino en rebanadas
- * Manzanas y queso, peras y otro tipo de fruta fresca
- * Puré de manzana en porción de bocadillo
- * Una cajita de 100% jugo de fruta



Granos + Carnes, Frijoles y Nueces

- * Galletas integrales con queso o crema de cacahuete
- * Cereal integral con leche
- * Hojuelas de arroz de sabores (como caramelo o manzana con canela), con crema de cacahuete
- * Papitas horneadas o totopos con salsa
- * Palomitas—infladas con aire o bajas en grasa, hechas en el microondas
- * Palitos de pretzel y un vaso con leche
- * Nueces y fruta seca



Consejos Para Padres Sobre los Bocadillos

- ☀ Planee por adelantado y **compre bocadillos saludables cuando vaya al supermercado**. Ahorrará dinero y tomará decisiones más saludables que si compra bocadillos en el camino.
- ☀ **Deje que su niño tenga opciones** y haga que cada opción sea razonablemente nutritiva.
- ☀ **Divida en porciones los bocadillos** para su hijo en bolsitas de plástico, listas para llevarse o sirva en un plato una porción del tamaño de un bocadillo.
- ☀ **Designe un área en su refrigerador o alacena para bocadillos nutritivos** que usted seleccione con anticipación y que a su hijo le agraden. Deje que su hijo se sirva de estos bocadillos sin necesidad de pedirle permiso.
- ☀ **Combine bocadillos de al menos dos grupos alimenticios** para incluir más nutrientes en la dieta de su hijo, quedará más satisfecho y aguantará mejor hasta la siguiente comida fuerte.

Por ejemplo, una manera sencilla de añadir calcio, proteína y otros importantes nutrientes a los bocadillos es poniéndole leche al cereal o dándole queso con una galleta de trigo o con fruta.

Recuerde:

Deje suficiente tiempo entre la hora de los bocadillos y la hora de la comida para que no se le arruine el apetito a su hijo.



Receta de Yogur Agrio para Acompañar Verduras

Ingredientes

2-1/2 tazas	Yogur sin sabor
1	Paquete de sopa de cebolla en polvo
1 cucharadita	Perejil picado
1/4 cucharada	Sal de ajo
Una pizca	Pimienta negra

Preparación:

Mezcle los ingredientes en un tazón. Use verduras a su gusto, ya sean zanahorias, apio, pimiento morrón, brócoli, calabaza, rábanos, etc. Es mejor si prepara el aderezo por adelantado y lo deja reposar en el refrigerador toda una noche para que se espese ligeramente y los sabores se mezclen más.

Información Nutritiva:

38 Calorías / 1g Grasa / 5g Carbohidratos / 3g Proteína / 96mg Calcio



HEALTHY CELEBRATIONS



Promoting a Healthy School Environment

Birthday parties and holiday celebrations at school provide a unique opportunity to make healthy eating fun and exciting for children. Schools can take advantage of classroom celebrations to serve nutritious foods that taste good and provide students with an opportunity to learn about healthy eating.

But It's Just a Cupcake...

Foods for school celebrations often include unhealthy choices such as cupcakes, candy, cookies and soda. While there is nothing wrong with an occasional treat, unhealthy foods are often the norm rather than the exception. Parties, food rewards, food fundraisers, vending machines, snacks and school stores often include foods that are low in nutrients and high in fat, added sugars and sodium.

Healthy choices are important because children's eating habits are poor. Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.¹ Their diets do not include enough fruits, vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars.² Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.³ Between 1980 and 2004, obesity tripled among children and adolescents.⁴



Constant exposure to low-nutrient foods compromises children's health and learning. By providing students with nutritious foods, schools can create an environment that positively influences children's health and learning, and teaches healthy lifestyle choices that will continue into adulthood.

Benefits of Healthy Celebrations

- ▶ **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- ▶ **Provides Consistent Messages:** Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.
- ▶ **Promotes a Healthy School Environment:** To improve eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Healthy celebrations are an important part of providing a healthy school environment.
- ▶ **Creates Excitement About Nutrition:** Children are excited about new and different things, including fun party activities and healthy snacks. School staff and parents need not worry that children will be disappointed if typical party foods aren't served in the classroom. Holiday treats and traditional birthday parties with cake can still be available at home.
- ▶ **Protects Children with Food Allergies:** When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food-allergic children by providing nonfood celebrations or, if food is served, obtaining it from known sources such as the school food service program.

How-To's for Happy Healthy Parties*

- Variety is the "spice of life" and the "life of the party." Plan several contrasting activities – active and quiet, indoor and outdoor, individual and group.
- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should complement the fun, not become the "main event."
- Be sure that each child receives a prize or favor, if such awards are given.
- Don't use food as rewards or prizes.
- Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.

* Printed with permission from *Let's Party: Party Ideas for School and Home*. West Virginia Department of Education, 1994.

IDEAS FOR HEALTHY CELEBRATIONS

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from food to the children. Choose a variety of activities, games and crafts that children enjoy. When food is served, make it count with healthy choices. Parties can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks. Try these ideas for fun activities and healthy foods at school parties and other celebrations.

Activities to Celebrate Children

- ▶ Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- ▶ Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- ▶ Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- ▶ Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- ▶ Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
- ▶ Instead of a party, organize a special community service project, e.g., invite senior citizens in for lunch, make "curechiefs" for chemotherapy patients or blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- ▶ Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- ▶ Create a special birthday event. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise, such as a pencil, sticker or birthday card.
- ▶ The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity or choose a game or story.



Healthy Food Ideas*

- Low-fat or nonfat milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend frozen berries, bananas and pineapple) or fruit and low-fat yogurt smoothies
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, sliced fruit with low-fat yogurt dip
- Dried fruit without added sugars or sweeteners
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with low-fat cheese cubes, string cheese or hummus
- Whole-grain waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Whole-grain bagel slices with peanut butter or jam, low-fat whole-grain muffin, whole-wheat English muffins and hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham or turkey sandwiches or wraps with low-fat cheese and low-fat, low-sodium condiments
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (low-fat yogurt and fruit topped with whole-grain cereal, granola or crushed graham crackers)
- Quesadillas or bean burritos with salsa
- Low-fat whole-grain granola bars
- Low-fat whole-grain tortilla chips with salsa or bean dip
- Trail or cereal mix (whole-grain, low-sugar cereals mixed with dried fruit and pretzels)
- Nuts and seeds without added fat

*Check for food allergies before serving.

Resources

Action Guide for School Nutrition and Physical Activity Policies. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>
Healthy School Environment Resource List. Connecticut State Department of Education. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf

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- 2 U.S. Department of Agriculture Center for Nutrition Policy and Promotion. (2009). The quality of children's diets in 2003-04 as measured by the Healthy Eating Index – 2005. *Nutrition Insights*, 43. Retrieved on October 6, 2011 from <http://www.cnpp.usda.gov/Publications/NutritionInsights/Insight43.pdf>.
- 3 Ogden, C.L., Carroll, M.D., Curtin, L.R., Lamb, M.M., & Flegal, K.M. (2010). Prevalence of high body mass index in US children and adolescents, 2007-2008. *Journal of the American Medical Association*, 303(3):242-249.
- 4 Centers for Disease Control and Prevention, National Center for Health Statistics. (2006). *Prevalence of Overweight Among Children and Adolescents: United States, 2003-2004*. Retrieved on October 6, 2011 from http://www.cdc.gov/nchs/data/hestat/overweight/overweight_child_03.htm.



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Summer Veggie Tomato Sauce

Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, LLC offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel works closely with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 7 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.

Summer Veggie Tomato Sauce

Serves 6

Ingredients:

- 1 eggplant, cut into 1-inch pieces
- 1 zucchini, sliced into ¼-inch-thick rounds
- 2 onions, red or yellow sliced
- 1 red bell pepper, stemmed, seeded and diced
- 2 garlic cloves, minced
- 1 pint of grape or cherry tomatoes or 3-4 tomatoes, diced
- 1-28oz can of crushed tomato sauce
- red pepper flakes, to taste, optional
- 1 cup loosely packed basil leaves, torn
- Parmesan cheese, grated, as needed, optional
- Salt & pepper to taste
- *Serve on top of cooked pasta



Directions:

1. Toss eggplant with 1 teaspoon of the salt and drain in a colander for 30 minutes. Pat dry with a paper towel, set aside.
2. In a large heavy-bottomed pot over medium-high heat, add 2 tablespoons of the olive oil. When the oil is hot, add eggplant and cook, stirring often, until golden, 8 to 10 minutes, adding more oil as needed to prevent sticking. Remove eggplant and set aside in a medium bowl.
3. Add 1 tablespoons of the olive oil to the pot and cook the zucchini until golden but not completely tender, 2 to 4 minutes. Remove and transfer to the bowl with the eggplant.
4. In the same pot heat ¼ cup of the oil over medium heat. Add onions and peppers. Cook until softened, about 10 to 15 minutes. Add garlic/red pepper flakes if using, cook for 30 seconds.
5. Add grape or diced tomatoes and reduce heat to medium low. Cook for 8 to 10 minutes. Add reserved eggplant, zucchini and grape tomatoes and canned crushed tomatoes. Stir well. Season with salt, cover pot and reduce the heat to low. Cook until all the vegetables have softened, 15-20 minutes.
6. Remove from the heat, adjust seasoning as needed. Serve over pasta. Top with fresh basil, parmesan cheese and enjoy!

Chef Raquel Rivera-Pablo

A Pinch of Salt, LLC

347-746-SALT (7258)

www.apinchofsalt.com



Salsa de Tomate Con Vegetales de Verano

Chef Raquel se graduó con honores en el programa culinario en el Instituto de Educación Culinaria después de terminar su pasantía en Le Bernardin en Nueva York. En 2009, el chef Raquel creó una pizca de sal, LLC ofrece instrucción práctica de cocción se centra en la preparación de sana, alta cocina, sin embargo, las comidas prácticos y de bajo costo. Actualmente, el chef Raquel trabaja en estrecha colaboración con el Consejo de Iglesias de Greater Bridgeport (CCGB) proporcionar una amplia educación de cocina en las despensas de alimentos locales y programas de comidas de la comunidad. Chef Raquel también proporciona la divulgación y la educación para la cocción Bridgeport mercado de los granjeros de Colaboración en los 7 mercados de agricultores. Esto se basa en su compromiso previo con el bienestar en las escuelas, una ciudad de Nueva York sin fines de lucro basada centrándose en proporcionar a los estudiantes de escuelas públicas comidas nutritivas que se refuerzan a través de la educación de cocinar en las aulas y la jardinería. Chef Raquel es un apasionado de la educación de los grupos de jóvenes, familias, personas mayores y las comunidades sobre la importancia de la cocina saludable, la comprensión de la información nutricional, que se extiende de dólares de alimentos, la utilización de los mercados agrícolas y jardines de la comunidad.

Salsa de Tomate Con Vegetales de Verano

Ingredientes:

- 1 berenjena, cortada en trozos de 1 pulgada
- 1 calabacín, cortado en rodajas de ¼ de pulgada de grosor
- 2 cebollas, rojo o amarillo en rodajas
- 1 pimiento rojo, sin tallo, sin semillas y cortado en cubitos
- 2 dientes de ajo, picados
- 1 pinta de tomates de la uva o cereza o 3-4 tomates, cortados en cubitos
- 1-28oz lata de salsa de tomate triturado
- pimiento rojo, opcional
- 1 taza de hojas de albahaca sin apretar, desgarrado
- de queso parmesano , rallado , según sea necesario, opcional
- Sal y pimienta al gusto
- * Servir en la parte superior de la pasta cocida



Para 6

Direcciones:

1. Mezcle la berenjena con 1 cucharadita de sal y de drenaje en un colador durante 30 minutos. Secar con una toalla de papel, a un lado.
2. En una olla grande de fondo grueso a fuego medio-alto, agregue 2 cucharadas de aceite de oliva. Cuando el aceite esté caliente añadir la berenjena y cocine, revolviendo con frecuencia, hasta que estén dorados, de 8 a 10 minutos, añadiendo más aceite según sea necesario para evitar que se pegue. Retirar y dejar de lado la berenjena en un recipiente mediano.
3. Añadir 1 cucharadas de aceite de oliva a la olla y cocinar el calabacín hasta que estén dorados, pero no completamente tierna, de 2 a 4 minutos. Retirar y transferir al recipiente con la berenjena.
4. En la misma olla de calor ¼ de taza de aceite a fuego medio. Agregue las cebollas y pimientos. Cocinar hasta que estén suaves, aproximadamente 10 a 15 minutos. Añadir el ajo / rojo hojuelas de pimienta si se utiliza, cocinar durante 30 segundos.
5. Añadir uva o dados de tomate y reduzca el fuego a medio-bajo. Cocine durante 8 a 10 minutos. Añadir la berenjena reservada, calabacines y tomates de la uva y el tomate triturado en conserva. Revuelva bien. Se sazona con sal, cubra la olla y reduzca el fuego a bajo. Cocine hasta que las verduras se han suavizado, 15-20 minutos.
6. Retirar del fuego, ajuste la sazón si es necesario. Sirva sobre la pasta. Cubrir con la albahaca fresca, queso parmesano y disfrutar!

Chef Raquel Rivera-Pablo

A Pinch of Salt, LLC

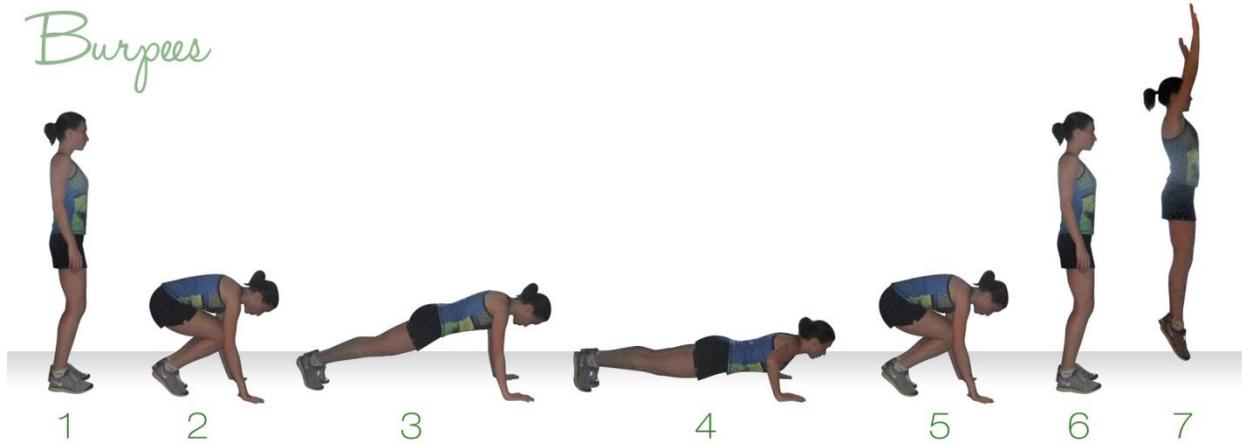
347-746-SALT (7258)

www.apinchofsalt.com



Monthly Health Challenge: 30-Day Burpees Challenge

Looking for a full body workout that helps improve your cardio? Well, maybe you should try the 30-Day Burpee Challenge. Burpees are an intense exercise that combines push-up and squat jumps. Burpees can help you improve your strength, endurance, cardio, and even cause weight loss. It also helps tone a variety of muscles from your forearms to your calves.



How to perform the perfect Burpees?

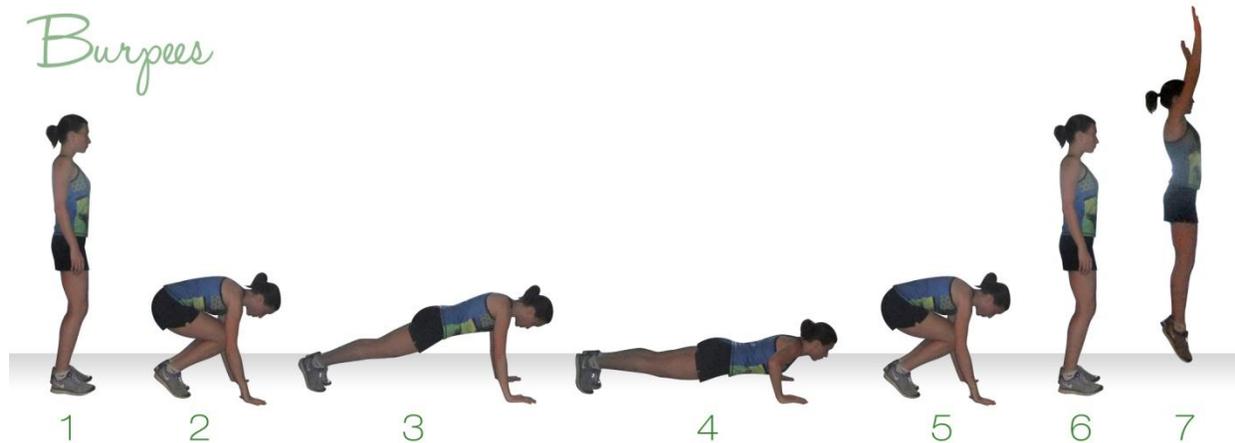
1. Stand straight up with you feet shoulder width apart.
2. Bend down and touch the floor with both hands.
3. Kick your legs out and get into push-up position.
4. Perform a push-up.
5. Kick your legs back under your body. Remember to keep both hands on the ground.
6. Get into a squat position.
7. Jump in place and repeat.

For beginners, follow the Easy Track (E). For advanced performance, you should follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 (E) 5 (C) 10	2 (E) 10 (C) 20	3 (E) 15 (C) 30
4 (E) 20 (C) 40	5 (E) Rest (C) Rest	6 (E) 20 (C) 40	7 (E) 25 (C) 50	8 (E) 30 (C) 60	9 (E) 35 (C) 70	10 (E) Rest (C) Rest
11 (E) 35 (C) 70	12 (E) 40 (C) 80	13 (E) 45 (C) 90	14 (E) 45 (C) 90	15 (E) Rest (C) Rest	16 (E) 50 (C) 100	17 (E) 55 (C) 110
18 (E) 60 (C) 120	19 (E) 65 (C) 130	20 (E) Rest (C) Rest	21 (E) 65 (C) 130	22 (E) 70 (C) 140	23 (E) 75 (C) 150	24 (E) 80 (C) 160
25 (E) Rest (C) Rest	26 (E) 80 (C) 160	27 (E) 85 (C) 170	28 (E) 90 (C) 180	29 (E) 95 (C) 190	30 (E) 100 (C) 200	

Reto Mensual: Reto 30 Dias de Burpees

¿Quisiera que sus rutinas de ejerció ayuden a mejorar su entrenamiento cardiovascular? Pues bien, los Burpees avanzados pueden ayudar. Burpees son un ejercicio intenso que combina la flexión de brazos y saltos en cuclillas. Burpees pueden ayudar a mejorar su fuerza, resistencia, cardio, e incluso causar la pérdida de peso. También ayuda a tonificar una variedad de músculos de los antebrazos a las pantorrillas.



¿Cómo efectuar los Burpees perfecto?

1. Párese derecho con los pies separados al ancho de los hombros.
2. Doble hacia abajo y toca el suelo con ambas manos.
3. Estire las piernas hacia atrás y póngase en la posición para hacer lagartijas.
4. Realizar una lagartija.
5. Retracte las piernas de nuevo bajo su cuerpo. Recuerde que debe mantener ambas manos en el suelo.
6. Póngase en una posición en cuclillas.
7. Salte en lugar y repita.

Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, siga las instrucciones difíciles (D).

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
				1 (F) 5 (D) 10	2 (F) 10 (D) 20	3 (F) 15 (D) 30
4 (F) 20 (D) 40	5 (F) Rest (D) Rest	6 (F) 20 (D) 40	7 (F) 25 (D) 50	8 (F) 30 (D) 60	9 (F) 35 (D) 70	10 (F) Rest (D) Rest
11 (F) 35 (D) 70	12 (F) 40 (D) 80	13 (F) 45 (D) 90	14 (F) 45 (D) 90	15 (F) Rest (D) Rest	16 (F) 50 (D) 100	17 (F) 55 (D) 110
18 (F) 60 (D) 120	19 (F) 65 (D) 130	20 (F) Rest (D) Rest	21 (F) 65 (D) 130	22 (F) 70 (D) 140	23 (F) 75 (D) 150	24 (F) 80 (D) 160
25 (F) Rest (D) Rest	26 (F) 80 (D) 160	27 (F) 85 (D) 170	28 (F) 90 (D) 180	29 (F) 95 (D) 190	30 (F) 100 (D) 200	