

Healthy Habits Healthy Kids



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Did you know...

Strawberries are the only fruit with seeds on the outside. Strawberries are a good source of Vitamin C, potassium and fiber. Add some fresh strawberries to your yogurt, on top of cereal in the morning, dipped in low fat whipped cream or just plain!

The human body contains more than 60,000 miles of blood vessels, enough to circle the Earth nearly two and half times. Getting daily physical activity and eating a healthy diet will help to keep your vessels strong and healthy. Start out with eating a fruit and vegetable with each meal and then make sure you include activity in your daily schedule.

Jump for National Fitness & Sports Month!

May is National Fitness and Sports Month.

School's almost out and you need something to do...have you picked up a jump rope lately? The jump rope is a low cost, fun way to be active! People of all ages can enjoy jumping rope!

Younger kids: Practice without the rope in your hands - just put a rope on the ground and practice jumping over it. Jump over with just your left foot, and then your right. Now jump forward over the rope with both feet, then backward with both feet. Practice jumping over the rope side-to-side too.

Older kids: Warm up with a few basic jumps, then try the "Countdown": Begin by hopping over the rope five times on your right foot, then switch and hop five times on your left foot. Next, hop four times on your right foot, then four times on your left foot. Now do three times on each foot, then two, then one. Now the Countdown is finished! Start over if you miss. If you are having trouble with this activity, try it without the rope. It will give you practice hopping the right number of times, and there are no misses!

Want to learn more jump rope skills?
Attend one of the 2009 Jump Kids Jump Movement® Road Tour stops!
Visit www.jumpkidsjump.org for information!



Join Riley and POWER at the Zoo!



Riley Hospital for Children and the POWER Program are teaming up for a fun event at the zoo. The Riley Fitness Adventure will kick off at the Indianapolis Zoo on June 6th at 9am and run through 3pm. Different stations will provide education and activities which will include balance and flexibility, strength, cardiovascular fitness, loco motor skills and good nutrition. Learn about keeping healthy with physical activity and nutrition while having fun at the zoo! This event will be included with your regular zoo admission. POWER program participants will have a chance to win free zoo tickets for this event. Drawings will be held for those who earned POWER points by meeting team goals. **Rain date is June 13th at 9am.

Enjoy local produce!

Do you know where your local farmer's market is or where you can purchase local fruits and vegetables? There are many ways you can support Indiana farmer's by purchasing fresh, local produce. Not only does buying these fresh products help our local families and business's, it can also be more environmentally friendly and nutritionally beneficial. You can do this via CSA programs, Farmers' Markets, Food Coops, u-picks, and farm stands. You can find out more about these at: <http://www.localharvest.org>

We are getting close to enjoying a large variety of local produce. Strawberries, corn, green beans, tomatoes, greens and beets are just a few of the local favorites found at the farmer's markets and delivered by the CSA's. Apple, pumpkins and berries are fun finds at the u-pick farms. Find one near you!



More Sports & Fitness Month Activities.....

- Help with washing your parent's car
- Play hide-and-go-seek
- Go on a nature walk
- Make up a fun dance to your favorite music
- Play Frisbee
- Have a family soccer or softball game
- Sitting exercise: do a variety of foot, leg, arm and trunk exercises while remaining seated



Roasted Asparagus

INGREDIENTS:

2 bunches of asparagus
2 teaspoons olive oil
¼ teaspoon salt
1/8 teaspoon black pepper
1/3 cup parmesan cheese
2 teaspoons lemon juice

DIRECTIONS:

Preheat oven to 475°. Hold the end of an asparagus stalk and bend until it snaps off. Repeat with remaining stalks and discard woody ends. Toss asparagus with olive oil, sprinkle with salt and pepper, and toss well. Arrange asparagus in an even layer in a shallow baking dish. Sprinkle with parmesan cheese and bake until asparagus is crisp-tender and cheese is browned, about 10 minutes. Sprinkle with lemon juice. Serve hot or warm.

For more recipes like this go to:
www.myrecipes.com



Indiana Fruits and Vegetables in Season **May**

| | | | |
|------------|-----------|----------------|---------|
| Asparagus | Mushrooms | Turnips/Greens | Cabbage |
| Collards | Lettuce | Spinach | Onions |
| Green peas | Radishes | Strawberries | Beets |

POWER Point winners for March and April: Robbie, Courtney, Nora, and Angel. Great job meeting your goals!

rileyhospital.org/POWER



A Clarian Health Partner

Do This, Not That

Instead of:

Instead of taking a nap after school

How about:

Celebrate National Fitness and Sports Month by doing something active like jump rope, go on a bike ride, help with yard work or play soccer with friends.

Instead of:

Giving up on making changes in your life (eating better, doing better in school, being more active)

How about:

Keep trying! You may not notice right away how these changes are affecting you in a positive way.

Instead of an after school snack of:

1 pepperoni pizza pocket
2 cups apple juice
(600 calories)

How about:

1 tablespoon of peanut butter on
1 light slice of bread
1 small apple
Iced water
(200 calories)



Fun ways to eat vegetables

Any food can be boring. There are a lot of easy ways to make vegetables fun and different. Try a few of these quick, easy ideas to enjoy more vegetables in your diet:

- Simply eat them raw dipped in hummus, low fat ranch dip, cheese dip or without dip. Have you tried pea pods, jicama, rutabagas, sweet potatoes or beets raw? Try something new as a family!
- Roast them or put them on kabobs. Toss cut up vegetables with herbs and bake at 475° for 8-10 minutes. Vegetables that are good roasted include bell peppers, zucchini, squash, tomatoes, onions, carrots, mushrooms, and asparagus.
- Add chopped veggies to anything. Casseroles, tomato sauces, sandwiches, lettuce salads, pasta salads, soups and omelets. Try grated carrots in your spaghetti sauce, spinach on your sandwich or chopped broccoli in your salad.