

AUGUST KIDSHAPE NEWS



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Inspirational Quote

"Our greatest glory is not in never failing, but in rising every time we fail."

~ Confucius

Physical Activity Game of the Month — Mirroring

Everyone stands in pairs, facing his/her partner. One person in each pair starts out being the leader and the other is the follower. The leader slowly performs movements with his/

her arms, legs, head, face, body, etc. At the same time the follower must mimic the movements exactly as if he/she is the mirror of the leader. The leader should try to move fairly slowly.

After a few minutes the leader and follower switch so that the follower is now the leader and vice versa. Challenge the other person with some balance poses.



KidShape Graduate Recipe Corner — Pasta Salad with Grilled Chicken

Ingredients:

1 box Rotini Plus pasta
3 c broccoli flowerets
1 c diced celery
1/2 c diced onion
1/2 c diced red peppers
4 grilled chicken breasts, diced

3 large tomatoes, diced
3 cups non fat yogurt
1 cup light or lowfat mayo
Basil, Italian seasoning,
Garlic powder, Salt, pepper

Directions: Cook pasta according to directions on box. Drain, rinse with cold water. Steam broccoli until crisp tender; rinse with

cold water. Combine pasta, celery, onion, red pepper, chicken in large bowl. Stir in yogurt and mayo. Stir in broccoli and tomatoes. Add spices to taste. Chill three hours. Serves 8.

Submitted by Cynthia McMillan

Nutrition Tip

At mealtime, plate the food at the counter or from the stove and try putting 1/3 less than usual on each plate. Wait 20 minutes before you get up to take more food—you may find yourself satisfied with the smaller portions.

Don't serve food family style with big platters of food on the table. You'll be less likely to take seconds if the food is out of sight.

