

FEBRUARY KIDSHAPE NEWS



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Inspirational Quote

"Goals are the fuel in the furnace of achievement."

~ Brian Tracy

Physical Activity Game of the Month — Awesome Add-On Aerobic Game

Participants walk or jog around the room without touching others. Use music or a whistle to stop and start. On STOP designate a skill to perform (touch the ground, change direction, turn around, etc) and then resume walking. Each time you introduce a new

skill, the participants must do the previous skills before doing a new one (adding on). Examples: turn around, jump high, single side step, double side step, heel taps, knee lifts, kick backs, jumping jacks, arm circles, etc.

KidShape Recipe Corner — Fruit Sushi & Vegetable Sushi

Fruit Sushi

Ingredients:

1 whole wheat tortilla

2 tbsp cream cheese

Sliced strawberries

Sliced banana

Sliced apple

(choose fruits based on season or taste)

Directions:

Spread cream cheese over tortilla. Place fruit on one side of the tortilla. Begin rolling tortilla, starting on the fruit side tightly, like a sushi roll.

At the end of the tortilla add extra cream cheese to seal the roll. Slice into bite size pieces.

Vegetable Sushi

Ingredients:

1 whole wheat tortilla

2 tbsp of hummus

grated carrots

baby spinach leaves

sliced red pepper

sliced cucumber

sliced avocado

(choose vegetables based on personal preference)

Directions:

Spread hummus over tortilla. Place vegetables in rows on one side of tortilla. Top vegetables with avocado. Roll tortilla tightly, like sushi, beginning on the side with vegetables. At the end of the tortilla add extra hummus to seal the roll. Slice into bite size pieces.

By, Charla Mervis, RD
KidShape Dietitian

Nutrition Tip

When you're feeling a craving for junk food (sweets, salty snacks) try some of these tactics:

- Chew gum.
- Brush your teeth.
- Drink a large glass of water, sugar-free beverage, or a cup of decaf tea.
- Play a game.
- Take a brisk, 5-minute walk.
- Wait 20-30 minutes. If the craving persists, satisfy it with a small portion.