

October 2012

October is Official Children's Health Month

Eat Healthy

- ✓ Eat a variety of low-fat milk and milk products, vegetables, fruits and whole grains every day.
- ✓ Limit foods and drinks high in calories, sugar, salt and fat.
- ✓ Eat a balanced diet to help keep a healthy weight.

Be Active

- ✓ Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rate and that strengthen your muscles.
- ✓ Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rate and strengthen their muscles and bones.

www.CDC.gov Family Tips

Halloween Safety Tips

Carve Safely

- Decorate with markers or paint.
- Use candles with care—use battery-operated candles.

Trick-or-Treat With Care

- Consider giving out stickers, glittery pencils, rubber insects or colored chalk.
 - Consider giving out individual packs of pretzels, crackers or popcorn.
- www.MayoClinic.com Health Halloween Safety

Move of the Month

Exercise for Mobility: Deep Squat

What is Mobility?

What you do before a workout can have a big impact on what you are able to do during your workout. Mobility exercises stimulate your nervous system, muscles, tendons and joints. Dynamic mobility exercises are designed to warm you up, stretch you out and keep you moving as you make the transition from resting to high-energy activity.

Increase Your Mobility—Try This Deep Squat ...

... ideally for 10 minutes. Stand with your feet shoulder-width apart and lower your hips to your ankles, making sure to keep your feet flat on the ground. Remain in that position for 10 minutes, moving slightly to stimulate circulation.

GOOD FOR: Ankles, knees and hips.

www.OutsideOnline.com Flexibility Mobility Exercises



Recipe of the Month

Halloween Jack Soup

- 2 cups Low sodium chicken broth
- ¾ teaspoon Garlic powder
- 2 Potatoes (red, peeled & diced)
- 1 cup Tomato (chopped)
- 4 tablespoons Butter
- 4 tablespoons Flour
- 4 cups Milk (divided)
- (To taste) Black pepper
- ¾ teaspoon Salt (depending on chicken broth)
- 1 teaspoon Chili powder
- 1 cup Jalapeno jack cheese (shredded)
- 2 cups Monterey jack cheese (shredded)
- (Garnish) Green onion (sliced)



Preparation

In a soup pot, combine broth, garlic, potatoes and tomatoes. Heat to boiling, reduce heat to medium and simmer 10 minutes. Remove from heat and set aside. Melt butter in a separate saucepan. Add flour and cook 3 minutes, stirring constantly. Blend in 2 ½ cups milk, ½ cup at a time, whisking until smooth and thickened. Remove from heat and stir into broth mixture. Return soup pot to the stove and cook over medium heat. Add remaining milk, pepper, salt, chili powder and cheese. Cook until cheese is melted and soup is heated through. Garnish with green onion.

www.Yummy.com

For kids, try fruit with a bit of protein from nut butter and string cheese to make **Apricot Fruit Bugs**, **Apple Bites** and **Ghost Cheese**.

