

INNER STRENGTH

Fit Words for Everyday People

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Falling Back Into School ... (and good advice you can follow for yourself too!)

Hi everyone! It's the time of year that parents love & most children dislike! Since the new school year has already begun, or will begin soon, this month's Inner Strength is all about taking the best possible care of our young people from fitness tips to healthy recipes you and your children will love! Also in September, I will be teaching a healthy cooking class for adults as well as a kids' healthy cooking class. Visit www.LilChefRaleigh.com or www.SusanCaldwell.com for more information. As always, I love to hear your stories, suggestions and anything else you'd like to share or that you would like to share with our readers. See you soon! Susan

The **Skinny** Of the Month



As schools open their doors, there may be changes in the "student body." More than ever before, many children and youth will be overweight. And the implications are devastating - unchecked obesity at a young age escalates into years of poor health, especially increasing the likelihood of diabetes and heart disease in later life. In addition, a major consequence of obesity in children is a lack of confidence and self-esteem. Try these tips to keep your young ones moving in the right direction.

- 👉 Plan family outings and vacations that involve vigorous activities such as hiking, bicycling, skiing, swimming, etc.
- 👉 Choose fitness-oriented gifts such as a jump rope, mini-trampoline, tennis racket, baseball bat, or a youth membership at the local YMCA or YWCA.
- 👉 Take advantage of your area's recreation opportunities - from soccer leagues to fun runs to greenway trails!
- 👉 Free your child from mechanical restraints as much as possible. Strollers and play yards are high on convenience but low on activity potential. Try to unleash your diapered dynamo whenever and wherever he or she can safely move around.
- 👉 Run, jump and laugh with your child as often as possible!
- 👉 Help your children develop good physical activity habits at an early age by setting a good example yourself. Practice heart-healthy habits and they will likely follow.
- 👉 Give your children a few household chores that require physical exertion every day, keeping in mind their levels of strength, coordination and maturity. Mowing lawns, raking leaves, scrubbing floors and taking out the garbage not only teach responsibility but can be great exercise.

No More Excuses!

"My kids won't eat anything other than fast or junk food!"

Did you know that kids are much more likely to eat healthy foods if they prepare the food themselves?



Below is a **super cool kid fuel** recipe that is simple & fun! Have your children help you in the kitchen as often as possible! Together, you can make simple items like vegetable bracelets or fruit Indian arrows. Here's another simple and healthy recipe to try with your favorite Lil' Chef at home. Be creative & have fun!

Mexican Pita Veggie Pizza

4 six inch whole wheat pitas	Any veggies
2% reduced fat shredded cheese	1 1/3 c. Salsa

Have your favorite chef help you SAFELY cut veggies with child safety knife. Preheat oven to 350 degrees. Place pitas on baking sheet. Evenly spread salsa on pitas. Place cheese and veggies on each pita pizza. Bake for 10 - 12 minutes until cheese is melted. ENJOY!

As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit www.SusanCaldwell.com for more information.