

HEALTHY FAMILIES

- Stock your kitchen with healthy choices. Choose fresh fruits and vegetables instead of convenience foods.

- Take walks, go swimming, ride bikes—anything that gets the body moving.

- Try non-food rewards. Go to the bowling alley or visit your local park instead of taking your child for ice cream when she earns an “A” on her report card.

2. Eat Healthy During the Holidays

BY CHRISTI MACNEE, CPT, PRESIDENT/OWNER
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Portion control and, let’s face it, that dreaded word “self-control,” are key to maintaining a healthy nutritional lifestyle. It is even more important during the holidays when those extra pounds seem to find our bodies. Those five, fat-filled weeks of delicious food with family and friends at holiday parties and gatherings, and those tempting “baked with love” gifts and office snacks are so irresistible.

Those holiday sweets and foods are just as irresistible for our children. Because 1

in 4 children are either overweight or obese, how can we help guide them to a brand new path of better eating habits and while setting an example as well? What can we do to influence and change patterns for our families?

- Plan for and share in physical activities as a family.

- Encourage, plan and arrange for groups of kids and friends to engage in fun-filled physical activities—give them something fun to anticipate.

- Limit “easy access” to sugary snacks in the home.

- Have healthy snacks visible and ready-to-go right in the center of the fridge.

- Organize a designated healthy snack drawer or “snack zone.”

- Breakfast should not be an option—it is a vitally important start to the day.

- Limit sodas and vitamin waters high in sugar content.

- Let children participate in meal planning and even cooking (it’s a lost art).

- Activities to consider: mini-trampoline, youth membership at the local YMCA

or YWCA, soccer leagues, organize fun runs, kids’ camps, hiking trips, camping, jump rope, swimming, biking, mini-fitness boot camps (offered through T3 Fitness Energy in Riverside, 951-789-0059).

- Occasionally make homemade sweets and treats—oatmeal raisin cookies, banana bread, peanut butter cookies, fresh fruit smoothies—and serve with lowfat milk.

- Have patience—children’s snacking habits take time to change, sometimes weeks or months.

- Let kids learn by example—eat the right stuff with them.

3. Limit High-Fructose Corn Syrup

BY MARIA C. HUNT

We’re eating too much, and it’s making us fat. Many of these extra calories are coming from sugar. Sometimes it’s obvious in Twinkies and soda. Other times it’s hidden in low-fat salad dressing and yogurt. Nutritionists and health advocates are focusing attention on high-fructose corn syrup. It’s used in a wide range of foods,