



Fitness and Nutrition: Lessons that Last a Lifetime

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**FAN4Kids is Back!**

We are so excited to be back this year in our schools! FAN4Kids is thankful for the opportunity to help families stay healthy by continuing to teach nutrition and fitness in schools. Each week we are getting back into more and more of our schools. We are so happy to see some old faces and new faces of our students. Even though FAN4Kids may look different this year, we are still so excited to have a really great year with our families and schools. Look out for more information about parent workshops and sessions at your school. Please make sure to fill out parent consent forms if you have not done so already!

**3. Get outside (safely) as much as possible** - Take your workouts outside and get some much needed fresh air while staying away from others. While working and learning from home, it can be easy to stay inside all day. But getting that fresh air can really help improve your mood and decrease your stress. You can also get some vitamin D from the sun!

**4. Include the whole family** - Connect exercise with family time! Make it fun for everyone. If your family loves playing basketball, plan time to hit the courts and shoot some hoops. Turn on the music and have a family dance party! Dancing keeps the heart rate up and also boosts your mood.

**5. Online workouts** - There are so many different free online workouts. Youtube is a great source with yoga, kickboxing, to Zumba and so much more. FAN4Kids even has their own channel.

**Keeping Families Healthy**

The past couple of months our lives have changed. Our daily routines are completely different as we spend more time at home, especially now, as the weather gets cooler. As we are still deep into the pandemic and quarantine, it is important now, more than ever, to continue to exercise and eat healthy. Exercising and eating healthy helps us physically, mentally, and strengthens our immune system. Eating healthy foods helps us fight off germs and prevent sickness. Eating a healthy diet also can keep our weight under control, which is important in preventing diseases. Exercise can lower stress and anxiety, which many people are facing today. Moving your body has proven to be able to improve your mood and sleep. Eating and exercising are a great combination to help you live a healthy lifestyle now and always. Check out these tips below.

**Exercise Tips!**

- 1. Prioritize your Workout** - Schedule in your workouts like you would a doctor's appointment. People who tend to schedule a workout into their day tend to stick to their plan. When you have a specific time slot during the day that is planned for you to exercise, it's harder for you to just skip over it.
- 2. Walk!** – Do not underestimate the power of walking. Walking is a great form of exercise. Did you know that it is recommended to get 10,000 steps every day? Taking a walk will help you get in those steps. The walk can be just 10 minutes, you would be surprised at how great a brisk 10 minute walk can make you feel.



**Nutrition Tips!**

- 1. Incorporate more fruits and vegetables**- Fruits and vegetables help to fight off germs and can prevent you from getting sick, which is important now more than ever. Have more fruits and vegetables readily available in the home to encourage you to eat more.
- 2. Limit foods that are high in sugar**- People are looking for comfort during these times and many of us are turning to foods like cookies, ice cream and other desserts. By limiting access to these sweets in your house, you will be less likely to consume these unhealthy foods. Instead, purchase healthier snacks such as dried fruits, trail mix, or frozen yogurt to have in your home for a healthier alternative.
- 3. Try new recipes** - While many people now are home more it allows for extra time for planned meals. During "normal" times people are on the constant go and don't have time to really think much about what's for dinner. Use the time you are in your home more now to experiment and try out new recipes.
- 4. Keep healthy foods eye level**- Place fruits, vegetables and healthy snacks in your kitchen at children's eye level to make it easier for them to see and reach.



**OUR MISSION**

We at FAN4Kids aspire to be the ultimate source of fitness and nutrition education for children and their families. Our goal is to prevent the problems resulting from poor eating habits and inactivity, by providing 'Lessons that Last a Lifetime.'



Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor), Saraswathi Cuffey (Instructor/Trainer) Instructors: Alicia Dean-Hall, Claudia Samad and Laura Vargas ... That's who!

**Ingredients:**

- 6 large apples
- 1 cup of old fashioned oats\*
- ½ cup of chopped pecans\*
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- 2 tablespoons melted coconut oil or olive oil
- 2 tablespoons maple syrup
- ½ cup apple cider or water
- Optional: low-fat vanilla yogurt or vanilla ice cream
- Alternatives: Substitute quick oats instead of old fashioned oats.
- If you have nut allergies, you can omit the pecans



**Instructions**

1. Preheat the oven to 400F and grease an oven safe baking dish with cooking spray.
2. Slice the apples in half, take out the seeds and place the apples in baking dish.
3. In a bowl, combine the oats, pecans and spices. Add in the oil and maple syrup and mix to combine.
4. Evenly distribute the oat mixture to the center of the apples, pressing the filling in towards the center of the apple.
5. Pour apple cider or water into the bottom of the baking dish and cover apples with foil.
6. Bake for 30 minutes and baste the apples with the cider/water every 5-10 minutes. Uncover the apples when 5 minutes remain.
7. Serve with vanilla yogurt or ice cream and enjoy!

**Ingredients:**

- 6 cups of low sodium chicken or vegetable stock
- 2 carrots, 1 onion, 2 stalks celery – diced
- 2 cloves of garlic- diced
- 2-3 cups of turkey leftovers
- Optional: 1 picked over turkey carcass
- 2-3 cups of leftover vegetables (Brussels sprouts, green beans, sweet potatoes)
- 2 bay leaves
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 cup rice



**Instructions**

1. Place the pot on the stovetop and heat it over medium heat. Once hot add the olive oil. Once the oil is hot (it will be shimmering) add the onions, garlic, carrots, and celery. Cook for 3-5 minutes stirring occasionally.
2. Add the leftover vegetables, turkey, chicken or vegetable stock, bay leaf, and salt and pepper (ADD THE TURKEY CARCASS IF USING NOW).
3. Bring to a boil. Once boiling, reduce to a simmer for about 30 minutes.
4. If rice is already cooked add just before serving to warm through (if you add the rice too soon it will become very mushy). If you are adding raw rice, add to the simmering liquid and let cook for 15 minutes. (If adding raw rice, you may need more chicken/vegetable stock, so the soup does not become too thick).
5. Remove the turkey carcass from the soup once everything has cooked fully. Serve hot and enjoy!

**Healthy Holiday Tips**

Thanksgiving (and the rest of the holiday season) is time for family, gratitude and is always centered around food. Around this time of year people tend to gain excess weight and start the year with the goal of living a healthy lifestyle. But why wait until the New Year?! You can still enjoy the holidays and even have some of your favorite foods, but it is important to be mindful of the quantity that we are eating. Here are some healthy alternatives and tips to get you through the holiday season in a healthy ways:

1. **Half of your plate should be filled with veggies!** - Try to avoid vegetables that are fried, have heavy creams, sauces, or glaze. A healthier alternative would be to roast your vegetables. Some great vegetables to roast are broccoli, Brussel sprouts and carrots.
2. **Try making your own cranberry sauce** - The cranberry sauce that comes in a can is always filled with a lot of added sugar and other artificial ingredients. Making the cranberry sauce yourself, allows you to be in control of the amount of sugar added.
3. **Choose white meat over dark meat** - Choosing white meat over dark meat lowers your consumption of fats and has lower calories.
4. **Contribute a healthy dish** - Bringing a healthy dish ensures that there will be at least one healthy choice available.

**5. Don't skip meals** - A lot of people think that skipping a meal will help save calories. This often backfires and will cause you to end up overeating at dinner. Make sure to eat a filling breakfast and healthy snacks like fruit, yogurt or a small handful of nuts. This will curb your appetite and stop you from overeating later in the day.

**6. Stay Hydrated** - Remember to drink water throughout the day. A lot of other drinks are filled with sugar and have empty calories. Save those calories for dinner.

**7. It's ok to indulge** - The holidays are centered around eating and most times not around the healthiest food. It's important to know that it is okay to have that dessert. But we probably don't need a plate full of desserts. Have one slice of your favorite pie instead.

**8. Don't let your eating habits get you down** - So you overindulged over the holidays, now what? Don't let what you ate yesterday stop you from doing better today. It's a new day for you to get back on track. Get back to your routine of eating healthy foods and do not feel guilty over the foods you consumed over the holidays.



Dear Ms. FANKids,

As you can imagine this pandemic has not been easy for any of us. The past couple of months have been a huge adjustment for my family. One of the biggest challenges that my family is still trying to get used to is remote learning. We made the decision to go fully remote for the 2020-2021 school year. This means I have a Kindergartener, 2nd grader, and 4th grader all at home. It's been super tough on my kids and I can tell that my 2nd and 4th grader are feeling a lot of stress and anxiety about school and the pandemic. What are some ways that I can help them relieve some stress and anxiety?

From, Anxious Kiddo

Dear Anxious Kiddo Mom,

It is definitely a tough time for everyone, but especially for our children, as their routine has completely changed. Sometimes people forget that children can be stressed too. Something that is really great about children is that they are really resilient and it will truly amaze you at how quickly they can adapt. Although, there will definitely be a period of adjustment. During this adjustment period there are a couple of things that can help to relieve stress and anxiety. Here are some helpful tips!

1. **Yoga** - Yoga can help your child focus and calm down. It also is a great way for kids to work on flexibility and strength. There are a lot of videos that you can find on YouTube that are especially geared towards children that your kids would really enjoy.
2. **Exercising** - Bringing that heart rate up has shown to reduce the levels of stress, in both adults and children. Plan breaks throughout the day that involves some physical activity. Even better, if exercise can take place safely outside, the fresh air will decrease stress even more. Try jumping jacks, jogging in place, or use short videos online, like GoNoodle or Youtube.
3. **Deep Breathing** - A really basic relaxation exercise could be the necessary step for your child to relieve stress. Practice taking long deep breaths. You can make it more relaxing by having your child close their eyes and image themselves somewhere they find relaxing, like a beach. This exercise is even something your child can do on their own anytime they feel stressed.
4. **Dance Party Break** - Many studies have shown that music can really change your mood. Turn some music on and have a dance party. It is a great distraction and a quick break that can change your child's mood and calm them down during times of stress.
5. **Talking to Someone** - Encourage your child to talk with you about what is bothering and causing them stress. Talking to someone can decrease stress and they can feel more supported with you just listening to them.
6. **Model Positive Behavior and Positive Thinking** - Children feed off of their parents and guardians energy and learn behavior from watching them. Look for positives in situations you are in and your child will follow your lead. As the parent/guardian you can model by taking care of yourself. Schedule time for your own needs and things that bring you joy. Children will learn that self-care is an important part of life.



From, Ms. FAN4Kids

### FYI (For Your Information...)

**FAN4Kids Featured on BronxNet!** Your very own, FAN4Kids, was chosen as a feature story on BronxNet channel! They highlighted the great work our F4K instructors have been doing in the schools and continue to do to keep all of our families healthy all year, even though it might look a little different this year. Take a look at the entire interview of FAN4Kids CEO/founder, Robert Oliver and Managing Director, James Stratford. Click the below link to watch and feel free to share with your friends. [https://youtu.be/E\\_xQsPCuM-g](https://youtu.be/E_xQsPCuM-g)

As of November 19th, NYC School buildings have been closed and all students are learning virtually. No matter what the situation, FAN4Kids will always be committed to educating your children and we have smoothly transitioned to teaching virtually! Now that all students are learning from home, feel free to join your children during any of their FAN4Kids classes. We would love to see family members exercising and joining our healthy eating discussions. We are in this together!

If your child is in need of technical assistance or of a remote learning device check out the below website...

<https://www.schools.nyc.gov/learning/learn-at-home/activities-and-supports/checklist-for-remote-learning>

Also, even though NYC schools are closed, free meals are still available at NYC School meal hubs. Below are the sites and hours.

<https://www.schools.nyc.gov/school-life/food/community-meals>

### Question Corner

1. How many food groups are on MyPlate?

- a. 3
- b. 4
- c. 5
- d. 6



2. True or False: It is ok to eat cookies once in a while.

3. Which food group is the smallest food group on MyPlate ?

- a. Fruits
- b. Vegetables
- c. Protein
- d. Dairy



4. What does the word fitness mean?

- a. Moving our bodies
- b. Sleeping all day long
- c. Eating a lot of junk food
- d. Playing video games

1. **C. 5** - There are 5 food groups on MyPlate. These food groups help us to make healthy choices throughout the day, as we need a good balance between the foods we eat and physical activity.

2. **TRUE** - Cookies are a "Sometimes" food. This means that we probably shouldn't eat cookies every day because they tend to have a lot of sugar and unhealthy fats in them. However, it is ok to have cookies every once in a while for a treat.

3. **D. Dairy** - The dairy group is the smallest group on MyPlate. For us, that means that we don't have to eat as much dairy foods throughout the day. It is recommended that we have 2 servings of dairy a day. An example of a serving of dairy is one 8 oz cup of milk.

4. **A. Moving our bodies** - It is important that we are moving our bodies/exercising every day. With the combination of eating healthy and getting in fitness, we can be strong and healthy. Did you know that children need 60 minutes of exercise every single day?



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mail your donation  
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above.



This month we teamed up with Council Member Gibson and had an awesome workshop on creating healthy recipes with our Thanksgiving leftovers. Check out this picture of FAN4Kids Instructor Ms. S making a turkey rice soup and mashed potato croquettes.

Here's a picture of one of our instructors leading a virtual fitness session! We're so excited to be moving and grooving with our students, families and staff again.

*We wish everyone a happy, healthy and safe Thanksgiving holiday!*



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NYC Healthy School  
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Special thanks to our core sponsors, partners and the school administrators at PS 69, PS 157, PS 382, PS 54, PS 35, PS 14, PS 77, PS 93, PS 161, PS 150, PS 368, PS 273, PS 298, HOPES, TALES, Peshine Ave. School, and Salome Urena School.

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