



Fitness and Nutrition: Lessons that Last a Lifetime

**IN THIS ISSUE:**

Pg 1: 10 Healthy Tips

Pg 2: Recipes & Question Corner & Fit Kid of the Month

Pg 3: Fan of the Month & Dear Ms. FAN4Kids & Get Fit

Pg 4: Photos



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.'



## 10 Healthy Tips to have the Healthiest School Year

Summer is officially over and we are back in the swing of things, and that means school! Those endless days of freedom are over and school is back in session. Now is a great time to get into the routine of things in order for your child to have a happy and healthy year. Here are 10 tips for your child to have a happy and healthy school year.

### 1. Start Everyday with a Healthy Breakfast:

Eating a healthy breakfast every morning gives you energy and the fuel needed throughout the day. Breakfast should be filled with healthy foods including fruits and whole grains and not so much sugar. Breakfasts high in sugar will give your child energy, but that energy will be gone before lunch, leaving your child to feel sluggish and tired. Eating a healthy breakfast will help them concentrate and focus throughout the day.

### 2. Drink More Water:

Stay hydrated! Water is very important and should be drank throughout the day. For children under 8 years old, it is recommended to drink 4-6 glasses of water every day. For children over 8 years old, it is recommended to drink 8 glasses of water every day. Limit sugary drinks, as they can lead to cavities and other health issues.

### 3. Wash Your Hands Often:

The beginning of the school year tends to lead to kids catching colds and getting sick. It is important to wash your hands multiple times throughout the day and keep hands away from your face, mouth and nose to avoid germs.

### 4. Eat a Nutritious Lunch:

Make sure you are eating foods from all the food groups. This will allow you to grow strong and healthy. During lunch, children are able to refuel their bodies to allow them to continue to focus, think and learn.

### 5. Get Enough Sleep:

Children should be getting at least 8 hours of sleep every day. When children get enough hours of sleep, they are able to focus better, and truly excel in school. Make sure children are going to bed early so they are not tired during the day and can succeed in school.

### 6. Cut back on sugary and salty snacks:

Eating too many sugary and salty snacks can lead to children becoming overweight and dental problems such as cavities. Instead, focus on foods like fruits and vegetables. These foods provide vitamins and nutrients that help the body become strong and healthy.

### 7. Get at least 60 minutes of exercise everyday:

These 60 minutes can occur during school time and at home. Being active allows our bodies to be strong and healthy. Physical activity done at home can include going for a walk as a family, going to the park, riding a bike or playing games. Getting 60 minutes of exercise everyday provide us with many great health benefits.



### 8. Limit screen time:

Screen time should be limited to 2 hours or less a day. Screen time includes phones, iPad/tablets, television, and video games. Excess screen time can lead to poor performance in school, children not getting enough physical activity and weight gain. Limiting screen time allows your child to focus on other things like homework and getting enough sleep so they are ready for school the next day.

### 9. Do your homework!

Get that homework done! Homework allows your child to review and practice information learned during the school day. This will allow them to succeed in school.

### 10. Go to school:

When your child is absent from school they miss a lot of information. If it becomes consistent then they will fall behind their peers. Attending school allows students to learn and excel academically.

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: Emani Parsons, Alicia Dean-Hall, Claudia Samad, Michelle Budet ... That's who!

## Recipe Corner: Delicious Recipes

### Apple Muffins

#### Ingredients

4 tablespoons unsalted butter  
1/2 cup honey or pure maple syrup  
1/2 cup unsweetened applesauce  
1/2 cup plain Greek yogurt  
1/4 cup milk, 2 large eggs  
1 teaspoon vanilla extract  
1 teaspoon baking soda  
1/2 teaspoon baking powder, 1/2 teaspoon salt  
1 1/2 teaspoons cinnamon, 1 1/2 cups white whole wheat flour  
1 large baking apple chopped (1 1/2 cups, no need to peel)



#### Instructions

1. Preheat oven to 350°F. Spray muffin pans with cooking spray.
2. Place the butter in a large bowl and melt it in the microwave.
3. Add the honey or pure maple syrup, applesauce, plain Greek yogurt, milk, eggs and vanilla to the bowl with the butter. Whisk until well combined.
4. Add the baking soda, baking powder, salt and cinnamon to the bowl with the wet ingredients. Whisk until well combined.
5. Add the white whole wheat flour. Use a rubber spatula to mix it in until almost combined.
6. Add the chopped apple, saving a few apple pieces for the tops of the muffins, if desired.
7. Use the rubber spatula to mix in the apple until just combined.
8. Scoop the batter into the greased muffin pans, filling each well about 2/3 full. If you reserved some of the apple pieces, press them into the tops of the muffins.
9. Bake regular size muffins for 16-18 minutes, until a tester inserted into the center comes out clean.
10. Let cool in the pan for 10 minutes, then transfer to a wire rack to finish cooling.

## Buffalo Cauliflower

#### Ingredients

1 large cauliflower - cut into small florets  
1/2 cup Frank's RedHot Sauce - plus more for serving  
2 tbsp. butter - melted  
1 tbsp. olive oil  
1 tbsp. fresh lemon juice  
1/2 tsp garlic powder  
1 tsp salt



#### Instructions

1. Preheat oven to 425°F and line a large baking sheet with parchment paper. Set aside. Place cauliflower florets into a large mixing bowl.
2. In a small bowl whisk together the hot sauce, melted butter, olive oil, lemon juice, garlic powder, and salt. Whisk to combine.
3. Pour the buffalo sauce over the cauliflower florets and toss well to coat.
4. Spread the cauliflower in a single layer over lined baking sheet and bake for 25-30 minutes or until cauliflower is fork tender and browned around the edges.

Source: <https://kristineskitchenblog.com/healthy-apple-muffins/>

Source: <https://theforkedspoon.com>

## FAN4Kids Question Corner:

1. True or False: It is ok to skip breakfast if you're in a hurry?



2. What should you drink the most of each day?  
a. Apple Juice   b. Milk   c. Water

3. How many minutes of exercise should children get every day?  
a. 45 minutes   b. 20 minutes  
c. 30 minutes   d. 60 minutes

4. How can we cook chicken to make it a "sometimes" food?  
a. Bake   b. Fry   c. Grill

## Answers

1. **False!** Breakfast is the most important meal of the day. It fuels our body and gives us energy for the day.
2. **C. Water:** You should drink up to 8 glasses of water everyday in order to stay hydrated.
3. **D. 60 minutes:** Children should be getting 60 minutes of exercise every day in order to live a healthier lifestyle. Kids that exercise for 60 minutes every day have a less risk of gaining weight, stronger muscles and bones and a better outlook on life.
4. **B. Fry:** When we fry foods we are adding a lot of oil and grease to it which makes it no longer healthy. Consuming a lot of fried foods can affect our bodies negatively and lead to diseases.

## FitKid of the Month!

For the first time ever FAN4Kids is announcing the Fitkid of the Month award! One FAN4Kids student from each school will be selected each month as the FitKid of the Month. In the F4K program, students are learning about fitness and nutrition, however, there is much more students take away from F4K each week. They are practicing how to treat one another with respect, sportsmanship, hard work and how to have fun, to name a few! The instructors are looking for standout students who display all of these qualities including excellent behavior and those who always try their best as the FitKid of the Month.



Selected FitKids of the Month will receive a prize, a signed F4K certificate and all winners will be announced in each school!

**Good luck, as there are many standout students in FAN4Kids! Who is going to be selected next???**

# FAN of the Month

Lea Peña, P.S. 382

We are excited to announce our second grader, Lea Peña, from P.S. 382, as our Fan of the Month! Lea is an outstanding student who represents what FAN4Kids is all about. Lea shows excitement for all FAN4Kids lessons and is always eager to participate. She is always looking to help classmates, whether during a nutrition or fitness lesson. She takes the information taught in class and brings it home to her family. For example, Lea is always telling her instructor about the different vegetables and fruits she has been eating outside of school and with her family. Lea is an exceptional student who will continue to excel in FAN4Kids, lead a healthy life and be a wonderful role model for her peers.

Congratulations Lea! Keep up the good work!



**Dear Ms. FAN4kids,**

**My 4th grader loves to snack. If I let him, he would probably eat snacks for breakfast, lunch, and dinner. The problem is that the snacks he tends to choose are not very healthy. I am worried that he is not getting the proper nutrients to help him to be healthy. What are some nutritious snacks that I can provide him? Any tips would be great.**

Thanks, Snack Attack

Dear Snack Attack,

Like most people, kids get hungry in between meals. Snack time is a great time to get in extra nutrients. A lot of snacks targeted towards kids are highly processed and contain an excess sugar and salt, so your concern is warranted. Here are some healthy snacks that will give your kids some extra nutrients.



1. **Yogurt** is a great healthy snack that provides calcium and protein. Calcium is an important nutrient as it helps the development of bones. Look out for high sugar yogurts and stick to ones that say low-fat. You can also make it more nutritious by adding fruit and granola.
2. **Fresh Veggies with Hummus or peanut butter.** Vegetables are also a great healthy snack that are filled with many vitamins and nutrients our bodies need. Peanut butter and Hummus are both excellent forms of protein. Many kids enjoy dips and these options provide kids with healthy dipping options.
3. **Fresh Fruit** is another great option as well. Fresh fruit like apples, oranges and bananas all provide our bodies vitamins and nutrients to help us grow healthy and strong.
4. **Popcorn** is a snack that most people consider a junk food, but it is also a whole grain. As long as you do not cover the popcorn with a lot of unhealthy toppings like butter, cheese or salt it can be a great healthy snack. A great way to have popcorn is to air-pop it yourself and drizzle it with just a little bit of butter. This way you are in control of the amount of butter used.
5. **Whole grain crackers and cheese** is a classic snack that can also be healthy. Cheese is a dairy food that provides us with Calcium. When picking out a cheese look for ones that say low-fat. Whole grains crackers are a great snack and give our body energy. When buying crackers, look for packages that say 100% whole grains, as other crackers are packed with refined flour and sugar.

## Get Fit as a Family!

How can you make sure your child is getting enough physical activity when you yourself are not getting enough? A great way to make sure everyone is getting enough physical activity is doing it *together*. Children are more likely to be physically active if their parents are. As a parent, you are a role model for many different things and that includes being physically active. This is also a great way to bond as a family.

Here are some ideas of activities that you can do as a family to get fit.



1. **Pre or post dinner walks:** Having this designated time for a walk ensures that your family will get the recommended amount of physical activity every day. If you have a dog you can include the dog on the family walk too. Walking is a great form of physical activity that can help you become physically fit and strong.
2. **Make doing chores fun!** Make doing chores fun by putting on some music and getting to work. When you are doing chores around the house and cleaning you are actually getting in some physical activity. When you turn the music on, it not only makes it more fun but now you are moving and dancing while burning more calories.
3. **Turn T.V. commercials into fitness breaks:** Everyone watches television. Why not make that a time that you can also do fitness instead of staying inactive. During t.v. commercials you can do things like sit ups, jogging in place or pushups. You can even name the different exercises based off of something that you are watching. Like “princess pushups” or paw patrol jumping jacks. Don’t let t.v. stop you from being active.
4. **Turn the music up and dance!** Dancing involves moving your body which also counts as physical activity! Have your own family dance party. You can learn new moves from your kids and you can show them some old school dances. Dancing is a fun way to get physical activity without even realizing you’re exercising.
5. **Make time for play:** Set aside time every week where you can do fitness or play a game as a family. If your family loves to play basketball, set time aside every week that everyone is available and enjoy family time playing basketball. When this time is already scheduled into your week it makes it easier to accomplish. Soon enough it will be part of your routine.
6. **Walk or Bike everywhere you can:** Instead of driving to get somewhere, you can walk or ride a bike as a family. Depending on distance, this is a great way to get in physical activity while still getting wherever you need to go.



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During a F4K nutrition lesson, 2<sup>nd</sup> grade students from PS 54, "strike a pose" while playing a healthy habit game to show they have made a "healthy choice" that day.

FAN4Kids instructors support the fathers during the Fathers Day Breakfast at PS 157. They provided the fathers with information about F4K and healthy living!

### FAN4Kids attendance challenge!

Coming to school consistently is very important and helps keep your children on task and up to date with school work. Students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance. A missed school day is a missed opportunity to learn! FAN4Kids is leading an attendance challenge for all of the F4K classes. Each month the F4K class with the least amount of absences will be the winner and will receive a class prize and acknowledgement at their school! Please help your child by getting them to school everyday!



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