



Fitness and Nutrition: Lessons that Last a Lifetime

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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



Keeping Kids Active in Winter

We all know that being physically active has many benefits for children. But during the winter the days get shorter and colder and children are spending more time inside rather than playing outside. During the colder months children are not getting as much fitness. Even with these changes in winter there are still many different ways that children can get in some fitness in there day. Take a look below for some ideas to stay active during the winter:

1. Play Outside

a. Put on a hat, scarf and gloves to keep warm and head outside. Just because the weather is getting colder doesn't mean that children can't still go outside and play. Any activity that gets the heart rate up is great examples of being active. Ride a bike, a scooter, go on a family walk or play games like tag. Go to the park and play basketball or kick around a soccer ball if there is space available. If it's snowing, bundle up and have a snowball fight. Also, all of that physical activity will get the body to warm up. Don't let the cold weather stop you from getting in some fitness.



2. Go to indoor fitness facilities

a. In the winter it is really easy to feel cooped up in the house, which leads to sitting on the couch all day with little to no movement.

Take a family trip to a trampoline park, ice- skating, rollerblading or even bowling. You could even visit your local community center or YMCA and get moving on the indoor basketball court, indoor pool or even rock climbing.

3. Do household chores (Make it fun!)

a. Put some music on and dance as you get some cleaning done. You would be surprised at how much movement you can get while cleaning and dancing at the same time.

4. Move while gaming

a. Kids love playing videos, so try finding video games that also involve some sort of movement. There are plenty of options with the different video game systems that if you follow correctly you can break a sweat.

5. Youtube videos

a. There are a lot of videos available on youtube that gets children up and moving. GoNoodle is a great resource to use that gets children up and moving. They can follow along with the video and dance. GoNoodle has videos on youtube and have there own website, so the possibilities are endless.

During the winter months it is very easy stay indoors all day and not get a lot of fitness in. Find out what works for your child and what they enjoy and put it into your routine. Change up the fitness activity maybe every weekend so that it stays new and fun for your child. By changing the activity, your child may find one option that they really enjoy. Once your child finds an activity they love, you can work on finding more ways for them to participate in it. Don't forget to keep it exciting and fun for your child!

Source: <https://blog.cincinnatichildrens.org>

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor) Instructors: Elana Wilson, Saraswathi Cuffey, Danielle Diakanwa, Ifeoluwa Olayinka, and Justin Jones ... That's who!

Ingredients:

2 tsp olive oil
 1 yellow onion, chopped
 3 garlic cloves, minced
 1 medium red bell pepper, chopped
 1 pound extra lean ground turkey or chicken (99%)
 2-4 Tbsp chili powder (depending on desired spicy level)
 2 tsp ground cumin
 1 tsp dried oregano
 1/4 tsp cayenne pepper
 1/2 tsp salt, plus more to taste
 1 (28-ounce) can diced tomatoes or crushed tomatoes
 1 1/4 cups low sodium chicken broth
 2 (15 oz) cans dark red kidney beans, rinsed and drained
 1 (15 oz) can sweet corn, rinsed and drained
 For topping: cheese, sour cream, cilantro, tortilla chips, avocado, etc.



Directions:

- Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
- Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Top with anything you'd like.

Ingredients:

6 cups chopped sweet potatoes
 8 ounce bag of cranberries
 1 Tbsp of olive oil
 2 tsp cinnamon
 1 Tbsp maple syrup
 1 tsp salt



Directions:

- Preheat oven to 400 degrees
- In a large bowl combine, sweet potatoes, cranberries, olive oil, maple syrup. Stir mixture until potatoes and berries are evenly coated. Sprinkle 2 teaspoons of cinnamon and 1/2 teaspoon of salt and mix. Pour mixture onto a greased cookie sheet
- Roast for 40-50 minutes
- Remove from oven and sprinkle remaining 1/2 teaspoon of salt.
- Enjoy!

Source: <https://littlebitsof.com/2015/11/cinnamon-roasted-cranberries/>

Source: <https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/>

FAN4Kids Question Corner:

1. Which statement is false? In order to stay healthy children should:

- A. Do 60 minutes of physical activity everyday
- B. Drink 8-8oz. of water each day
- C. Most of your plate should be filled with vegetables
- D. Skip breakfast if you are not hungry



2. What is an example of a processed food?

- A. Apple B. Cucumber C. Apple sauce D. Orange

3. Good examples of activities to do during the winter are:

- A. Dancing B. Skating C. Jumping jacks D. All of the above

1. Answer: D You should never skip breakfast. This is one of the most important meals of the day as it fuels our bodies and prepares it for learning in school and daily functioning.

2. Answer: C Apple sauce- A processed food is a food that has been changed in some way during preparation and usually healthy nutrients are taken away and often chemicals are added. For example; applesauce starts as an apple, however, in the process, it gets changed and there is a loss of fiber, vitamins and other nutrients.

3. Answer: D all of the above. Even in the winter anyone can get some exercise and it can even be done inside your home as long as you are moving your body!

Healthy Eaters Club

The healthy eaters club is a fun incentive program to encourage students to eat all of their vegetables during lunch. Your FAN4Kids instructor will be giving out "tokens" to those children who finish all of their vegetables during lunch and they will be entered in a drawing to win a prize. If you pack lunch for your child, please make sure to include vegetables so he/she has a chance to win a prize and eat healthy. We appreciate your partnership in helping to teach your children the importance of eating healthy. This is a win-win club where students have a chance to win a prize as they are keeping their bodies healthy! Ask your child if they received a healthy eaters club "token" today during lunch!



We are excited to announce first grader Kaylin Rodriquez from PS 54 as our FAN of the month. Kaylin has been an exceptional FAN4kids scholar and has stood out early on in the school year. Every FAN4kids lesson Kaylin goes above and beyond, is a model FAN4kids scholar and is committed to the mission of FAN4kids.

This exceptional scholar is always eager to participate and volunteer to be the instructor's helper. Kaylin loves to share the many different ways she stays healthy outside of school. Shortly after the quadriceps lesson, she shared with her instructor that she went home and taught her grandmother everything she learned about her quadriceps and even taught her grandmother how to do squats to help get her quadriceps stronger. Kaylin is a wonderful young lady who is dedicated to practicing good health and will continue to excel in FAN4kids.



Keep up the great work, Kaylin!

Dear Ms. FAN4Kids,

My second grader doesn't like drinking water. He loves drinking juice but I know that most juices have a lot of sugar in them. Even though I try to buy juice with less sugar, I know water would still be the best option. I'm afraid that my child is not hydrated enough. How do I get my child to stay hydrated and like to drink water?

From, Juice Box Mom

Dear Juice Box Mom,

Hydration is very important and this is something that children do struggle with. Children should be drinking at least 8 cups of water a day. That number may seem unreachable when your child doesn't even want to drink one cup but there are many different ways to keep your child hydrated throughout the day.



You can start with first diluting your child's juice with water. This is a great way to also reduce the sugar they are consuming. Another way is to add fruit to the water to give it some flavor, if the problem is that they don't like the plain taste. It could be fresh fruit or frozen fruit. You could also give your son foods that have high water content like watermelon, cucumbers, oranges, celery and tomatoes. These are easy ways to stay hydrated and not even know your consuming water. Get your child his own special cup or a water bottle that they can carry to school or even when you're out and about.

When they start to drink more water you can slowly decrease the amount of juice or other sweetened beverages that you're buying for the household. If juice and other sweetened beverages are not available in the house then the only option would be water.

Tips for Picky Eaters

Raise of hand, how many of you are parents of picky eaters? As your child goes through the journey of trying new foods it likely at some point they will go through a picky eaters phase. Some children are really great eaters and will eat whatever you put on their plates while others not so much. Some parents may feel worried that their child is not getting a balanced diet because they are so picky. Not to worry, here are some tips to help your picky eater try new foods.

Take your picky eater grocery shopping with you: When you take your picky eater grocery shopping with you, they can help pick out food that they will eat throughout the week. Allowing them to choose the healthy food options for the household will give them a source of empowerment.



Let them help prepare the meal: Allow your picky eater to be involved in the prepping and cooking of meals. This is a great opportunity for your child to learn more about foods and it's a great bonding experience. Allow your child to clean the vegetables or fruits, added in some ingredients or stir. When children are involved in the preparation, it gets them excited for the food they are about to eat.

Give options: If your child is picky about vegetables, ask them what vegetables they want to have with dinner that night. When asking the question it is important to give more than one option. If you ask your child "Would you like broccoli for dinner?" the answer is more than likely going to be a no. A better question would be "Would you like broccoli or carrots for dinner?" This allows them to make their own decision of what vegetable they will eat at dinner.

Be a good food role model: Being a role model for your child also includes healthy eating. When your child sees you eating a variety of foods and trying new foods they will be more likely to try these foods as well.

Eating as a family: Sitting down as a family is not only a great bonding experience but it can also help picky eater. Everyone at the table, adults and children, should be served the same food. Also focus less on the food and more on family time with fun conversations and sharing stories.



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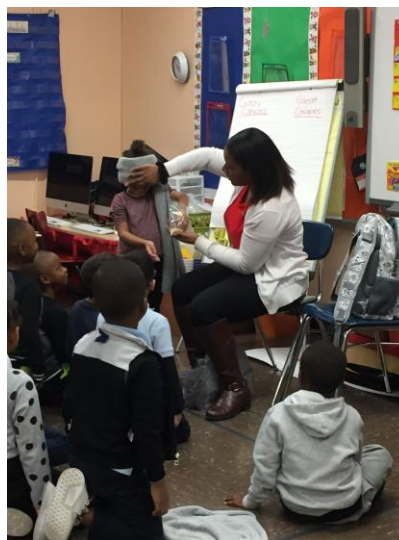
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Students are getting a great work out during a F4K fitness lesson as they are learning about agility at PS 207, Bronx, NY.



F4K students at PS 157 are having fun while they play the mystery grain game and have to figure out what grain is in the bag without looking!



**Special thanks to our core sponsors, partners and the school administrators
at PS 69, PS 157, PS 382, PS 54, PS 73, PS 14,
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