



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 'Lessons that Last a Lifetime.'



## A Different Kind of Summer

As a very unusual school year comes to an end, we are now facing a new challenge.... summer during a pandemic! Although states are opening up, the challenge of social distancing still remains. What was once remote learning taking up time during the day, now is a whole lot of time our children need something to do. During the summer, the sun is shining and out longer, which means more time can be spent outside playing. Keeping children physically active is important during summer as it has been shown that this is a common time for children to put on weight. With this extended type of summer where children have been home since March, we are seeing that children have already put on more weight. It is recommended that children get 60 minutes of physical activity every day. Keeping social distance in mind, here are some tips to keep your child active during the summer.

**1. Family walks:** Going for walks is a great source of exercise. Consider going on post dinner walks or maybe another time during the day. When running errands, if the place is within an appropriate distance, consider walking. This is a great way to get exercise without even realizing the work you are putting in. Remember when doing so, make sure you are following social distance recommendations.

**2. Bike/scooter rides:** Take those family walks and turn them up a notch by using bikes and scooters. Both options are great forms of physical activity that children will love.

**3. GoNoodle:** This website is great for having fun and getting in some fitness. All videos are interactive where as a family you can follow along and do different moves. The videos range from short videos to 15-20 minutes. Chances are your child has used this website at school. They could even show you their favorite videos so you can participate as a family. The possibilities are endless and the most important thing is to have fun.

<https://family.gonoodle.com/>

**4. Obstacle course:** Set up different obstacles with items around the house. Get your children involved in setting it up to make it even more fun.

**5. Follow the leader:** This is a great activity that can be played in many different ways. It could be that the leader is doing different exercises and everyone else has to follow. Or maybe the leader is walking around different areas of the house and everyone has to follow.

**6. Dance Party:** Everyone loves a dance party! Have you ever noticed that after dancing you are out of breath or tired? It means that you were really moving and getting that heart rate up. Throw some music on and show off your best dance moves. It's so fun that you don't even realize you're exercising!



**7. Scavenger Hunts:** This is a great activity to do around the house or even while on a walk. You could even use this activity as a learning activity by looking for things that start with a certain letter, color or shape. This game has children running around without even knowing they are learning at the same time.

**8. Clean – Up Race:** Did you know that you are getting some exercise when you are just doing chores at home? Get the whole family involved and make it a competition on who can clean up a room, a space or a game up the fastest. Put some music on while you do it to make it even more fun.

**9. YouTube Fitness Videos:** There are so many fun kid friendly fitness videos on YouTube that you can follow along to. FAN4Kids even has its own channel which you should checkout for some fun fitness and nutrition videos.

[https://www.youtube.com/channel/UC1JiEuwrZDwXD3I3FE\\_L38Q](https://www.youtube.com/channel/UC1JiEuwrZDwXD3I3FE_L38Q)

Try some or all of these fun activities this summer to keep you and your family healthy and fit! It might seem like a daunting task to get all of your family up and moving, but once you do, everyone will be so happy you did!

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, Linda Chang, Laura Vargas, Mandy Lam ... That's who!

**Ingredients:**

2 Tbsp. Olive Oil  
 3 garlic cloves minced  
 1 tsp. of red pepper flakes  
 ½ cup of low-fat cheese  
 Salt and pepper to taste  
 1 cup halved cherry tomatoes  
 1lb. frozen broccoli florets  
 1 lb. spicy Italian sausage (substitute chicken or turkey sausage, ground beef or chicken)  
 1 cup diced orange bell pepper (red, orange or yellow bell pepper, green bell pepper will be slightly bitter)  
 1 lb. penne pasta (you can use any type of pasta: bow tie, spaghetti, macaroni, shells, rigatoni)



**Directions:**

1. Bring a large pot of water to a rapid boil. Add salt and a teaspoon of oil to the pot (this will help prevent the pasta from sticking together). Add the pasta and cook according to the package. Once the pasta is al dente drain in a colander and run under cold water.
2. While the pasta is boiling, start to prepare the remainder of the dish. Mince the garlic (cut into tiny pieces). Heat a large sauté pan over medium/low heat. Add 2 Tbsp. of oil to the pan. Once the oil is hot (you will be able to tell because the oil will be shiny and smooth) add the garlic, make sure to constantly stir, so the garlic does not burn for about 1-2 minutes. Add the red pepper flakes and stir for an additional minute.
3. Add the spicy sausage or whatever protein you prefer to the pan. Break up the pieces in the pan with a spatula until it is cooked through.
4. Add the thawed broccoli cherry tomatoes, and bell peppers. Sauté the mixture for about 3 minutes. You want the vegetables to be soft but not overcooked.
5. Turn off the burner and add the cooked drained pasta to the dish. Stir until the pasta is coated with the sausage and vegetables. Sprinkle salt and pepper and any cheese. Enjoy!

**Ingredients:**

2 cups oat (use Quakers old fashioned quick oats)  
 2 large ripe bananas  
 2 eggs  
 1 cup plain Greek yogurt  
 2 Tbsp. of honey  
 1 1/2 tsp. of baking soda  
 1/ tsp. of vanilla extract  
 Pinch of salt  
 ½ cup of mini chocolate chips



**Directions:**

1. Preheat the oven to 400 degrees F. Line 12 muffin tins with paper liners.
2. Place all the ingredients in a blender except for the chocolate chips. (Oats, Banana, Egg, Yogurt, Honey, Baking Soda, Vanilla, and Salt)
3. Blend or process the ingredients on high, scraping down the sides of the blender to make sure all ingredients are incorporated. The mixture should be smooth.
4. Add in the chocolate chips by hand and mix well.
5. Divide the batter into the lined muffin cups, filling them up no more than ¾ of the way full. Sprinkle with additional chocolate chips if desired.
6. Bake for 15 minutes, or until the tops of the muffins are set and a toothpick comes out clean. Let the muffins cool on a wire rack for about ten minutes. Enjoy!

**Not too Young to Talk Race**

In the wake of the death of George Floyd due to another horrific case of police brutality and murder, FAN4Kids will not remain silent and would like to publicly voice our intent to stand in solidarity with all those who oppose racism and prejudice in all forms but specifically against instances where Black people are being murdered by those empowered to serve and protect them and especially right now when the words "I Can't Breathe" are echoing across our country...AGAIN. The time for change is long overdue so we must seize this moment to take a step out of this darkness with reform that is real, is sustainable, is measurable and truly puts an end to this aspect of American culture. As protests are being held in honor of the death of George Floyd, parents are figuring out how to talk to their children about the protests and about fighting racism. The most important thing for parents to do is to have honest conversations with their children and to be there to answer questions. Also, it is important to let your children know that discussing the issue does not necessarily resolve the problem, but conversations will help children make sense of the world. Show your children you believe this is a crucial topic and take the time to educate your children about racism. You know your children the best, but make sure to have age appropriate conversations and have a plan before you speak with them. These are some tips when talking to your children about racism.

**Tell the truth:** trying to cover up what is happening can only cause harm down the road. This is an opportunity to teach children how to speak up appropriately and do the right thing when there's a conflict.

**Celebrate the differences:** you can point out the differences in skin color, hair color, body shapes, etc., and that we need to celebrate differences. Point out that we can come together and make a difference.

**Set the example as parents:** parents are role models for children. Typically, "the apple doesn't fall far from the tree." Meaning, if you are accepting of differences and friendly and respect all races, then your children will learn this way of living and most likely follow your lead.

Below is a list of books that may be helpful to read when discussing race with your children:



Ages (0-3): "Snowy Day" by Erza Jack Keats  
<https://www.youtube.com/watch?v=9tUheifm2JE>  
 Ages (3-5): "Saturday" by Oge Mora  
<https://www.youtube.com/watch?v=Ohdw6cke7w>  
 "Hair Love" by Matthew Cherry  
<https://www.youtube.com/watch?v=H6lw3gmX39Y>  
 Age (5-8) "Each Kindness" by Jacqueline Woodson  
<https://www.youtube.com/watch?v=WIingYno4W14>  
 "The Youngest Marcher" by Cynthia Levinson  
<https://www.youtube.com/watch?v=2wD4q4VXVvM>  
 Age (9-12) "Resist" by Veronica Chamber  
 "Not My Idea" by Anastasia Higginbotham  
[https://www.youtube.com/watch?v=l\\_f2IGrv44o](https://www.youtube.com/watch?v=l_f2IGrv44o)  
 Age (12+) "All American Boys" by Jason Reynolds  
 "Stamped" by Jason Reynolds  
 "Today a reader, tomorrow a leader." – Margaret Fuller

Dear Ms. FAN4Kids,

My kids love snacking and I am finding it difficult to get them to eat the healthy snacks I make for them. Especially during the summer, my kids prefer ice cream, ices, and unhealthy drinks over healthy snacks. I am running out of ideas. What are some fun nutritious snacks that you think my kids would enjoy?

From, Healthy Snack Lover

Dear Healthy Snack Lover,

It's that time of year again where the sun is out and school has ended. Kids are usually outside to play and they need nutritious snacks to keep them energized. When it is nice and hot outside, eating ice cream is a great way to refresh, right? While it is delicious, it is not the most nutritious choice. There are many alternatives that will keep your kids healthy and smiling. Below are some ideas. Hope you and your family enjoy making and eating these snacks/treats. Have a great summer! From, Ms. FAN4Kids

**1. Homemade Popsicles** are a great alternative to ice cream. You can make them by using 100% fruit juice and freezing in a popsicle mold. You can also make them by mixing yogurt and fruit in a blender and freezing it. There are many delicious and healthy popsicle recipes online that you can try out with your kids.

**2. Veggies with a dip of your choice.** Vegetables are a great source of vitamins and nutrients that our bodies need. Pair some of your child's favorite veggies with healthy dips such as hummus or peanut butter, which are great sources of protein.

**3. Whole grain crackers** will give your kids lots of energy to play. Pair with low-fat cheese. Make sure the crackers are 100% whole grain as it is much healthier. Cheese is a great source of calcium and goes great with crackers.

**4. Fruit Pizza** is a healthy snack that many kids enjoy. You can make a fruit pizza by using a whole wheat tortilla and topping it with peanut butter and fruits of your choice. Peanut butter is a great source of protein.

**5. Yogurt topped with frozen fruit** is a delicious snack that is just as refreshing as homemade popsicles. Yogurt is a great source of calcium and protein. Topping your yogurt with some frozen fruit makes it feel like you are enjoying a nice cold treat. You can also add some granola on top and enjoy!

**6. Popcorn** is often considered to be an unhealthy snack. However, popcorn is a whole grain and can be healthy! What determines whether or not it is healthy are the ingredients you put on top. Making air-pop popcorn at home is a great way to control the toppings you put on your popcorn. You can also buy light popcorn that usually comes with little to no salt and butter.

**7. Smoothies** are a refreshing, nutritious and yummy cold drink. You can add fruits of your choice and milk or water into a blender. A fan favorite smoothie is made with almond milk (or low fat regular milk), banana and peanut butter. Get creative!



## ★★★★★“FAN of the Month”★★★★★

The switch to virtual learning has caught educators, staff and students off guard. Getting used to this new normal way of life can be scary and difficult. Schools and the FAN4Kids organization have worked effortlessly to make remote learning accessible and efficient. One school in particular, P.S. 298, Dr. Betty Shabazz Elementary School in Brooklyn, NY has taken the bull by the horns to quickly switch classes to online platforms and go above and beyond to have successful and effective online learning measures in place. P.S. 298 is centered on community and excellence. Teachers and staff meet virtually to talk about the schedule for the day as well as the tone and atmosphere they should set in the classroom.

P.S. 298 Dr. Betty Shabazz Elementary School



The school's shout out feature allows staff to be praised for good deeds and emphasizes togetherness. Ms. Casseus, P.S. 298 Principal, is known for being the glue of the school making sure staff and students are happy and standards are met. FAN4Kids Instructor Ms. Parsons teaches ten virtual FAN4Kids classes each week for P.S. 298. Ms. Casseus believes that Ms. Parsons is amazing in the classroom and has been a great help in the virtual learning phase. Mr. Aiello (P.S. 298 staff member) commends Ms. Parsons' energy and virtual teaching style. Ms. Parsons' classes have included various aspects of fitness such as Zumba, yoga, kickboxing, fitness stations and nutrition education.

P.S. 298 students and staff have been great at incorporating FAN4Kids into their daily schedule. Kids enjoy all of the fitness activities and smiles and movements are always projected on the screen. Ms. Oh, a P.S. 298 teacher, states, "class attendance is higher on FAN4Kids days."

The staff at P.S. 298 has taught us all a valuable lesson....learning has no limits or walls. By keeping your eyes on the prize, reinventing the wheel and making sure each student has the ability to learn, proves success is tangible. FAN4Kids is so proud to be a part of this amazing transformation to successful remote learning!

### Question Corner

**1. What should I do if I dislike eating broccoli?**

- A.) Feed it to your dog B.) Give up on eating vegetables  
C.) Try a different vegetable

**2. Which of these breakfast foods will provide the most energy?**

- A.) Candy bar B.) Whole grain Oatmeal C.) Doughnuts

**3. What happens to your body when you exercise?**

- A.) Your voice gets louder B.) Your brain gets bigger  
C.) Your blood flow increases

**4. How often should you exercise?**

- A.) 1 hour per day B.) 1 hour per week  
C.) 1 hour per month



**Answers: 1 C. Try a different vegetable** - Although we might not like one type of vegetable, we never know if we will enjoy a different vegetable until we try it. Try a new vegetable before giving up on eating all vegetables.

**2 B. Whole Grain Oatmeal** - Oatmeal is low in sugar, and oatmeal helps us to have a healthy heart. Oatmeal is the world's healthiest type of grain. One serving of oatmeal contains 4 grams of fiber, 6 grams of protein, and is high in vitamins, minerals, and antioxidants.

**3 C. Your blood flow increases** - When you exercise, your heart is working harder to get more oxygen to the rest of your body. Increasing blood flow helps your heart and lungs work better, and gets more oxygen to your brain so you can think better!

**4 A. 1 hour per day** - Exercising every day helps us develop and build up our muscle strength and keeps our bones strong and healthy. There are many exciting exercises and activities we can do, such as dancing, running, playing tag, yoga,





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PS 14 Bronx, NY student, Caleb Gourdine, who participated in FAN4Kids virtual "Cooking with Claudia" session. Our FAN4Kids instructor, Ms. S, taught participants how to cook a delicious, healthy and low cost chili during one of our many virtual sessions this year!



Students moving and having fun during one of FAN4Kids virtual remote learning sessions!.

*FAN4Kids wishes everyone a healthy, safe and active summer!*



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