



## 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.'



### Misleading Products- Are You Being Fooled?

You think you are eating healthy; until...you read this article. There are so many misleading popular products on supermarket shelves. After reading this article, you will be sure to take a second look at the ingredients listed on the back of the products you might be serving your family. We were certainly surprised!

Below is a list of misleading products and an alternative for each:

1. **Taco Seasoning Mix(Old El Paso)**-Maltodextrin(a filler found in highly processed foods) is the first ingredient listed on the back of the package. That is a tell tale sign of how unhealthy this product is.

**Alternative:** Try making it on your own-

1 Tablespoon Chili Powder

1.5 Teaspoon cumin, oregano, and salt

Add some red pepper to taste and mix together

2. **Barilla Plus Pasta**-Semolina flour(a refined grain) is what this product contains the most of. The whole grain version of semolina is whole drum wheat, which is what makes pasta healthy.

**Alternative:** Any type of Whole Wheat Pasta-look for whole drum wheat-make sure the word "whole" is on the ingredient list.

3. **Progresso Bread Crumbs**-This product has more than 30 ingredients including high-fructose corn syrup and partially hydrogenated vegetable oil.

**Alternative-** It is easy to make your own breadcrumbs. If you do not have time, look for whole-wheat panko crumbs with only a few simple ingredients.

4. **Uncrustables**-This popular sandwich parent's pack for their child's school lunch contains high fructose corn syrup, sugar and hydrogenated oil. Plus the bread is made from refined white flour plus many other ingredients.

**Alternative:** This is one that is very easy and probably cheaper to make at home. You can use natural peanut butter, sliced fruit and whole wheat bread. Wrap it up and place in freezer.

5. **Crystal Light Natural Lemonade**-This product does not even contain one drop of lemon or lemonade. It has aspartame and yellow 5 which are completely artificial.

**Alternative-** Add a squeeze of some fresh lemon juice to water or seltzer. This will even be fun for children to make and is much healthier.

Do not let anyone fool you. Even if a product advertises that it is a healthy food, make sure to read the ingredient list. If there are many ingredients listed including artificial one's or even words that can not be pronounced; pass on that product and find a healthier alternative.



Source: [www.100daysofrealfood.com](http://www.100daysofrealfood.com)



### National Physical Fitness and Sport Month

May is National Physical Fitness and Sports Month: a great time to renew your commitment to a healthy, active lifestyle. To celebrate National Physical Fitness and Sports Month; FAN4Kids encourages you and your family to be active. Whether it's riding your bike to school or work or walking around the neighborhood with your family after dinner, set aside at least 60 minutes for some fun physical activity each day. If you have not already, please help support your child by signing the "fitness agreement" they bring home from FAN4Kids.

For more tips on ways to be active, visit [www.fitness.gov](http://www.fitness.gov).

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Dina Cannistraci (Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor),  
 Instructors: Annette Pufall, Kristie Wong, Isa Del Signore Dresser, Gisele Gauden, Justin Gonzalez, Samantha Grzywacz, Christine Jones, and Justin Jones... That's who!

**Ingredients:**

1 large zucchini, washed and trimmed  
1 tomato, coarsely chopped  
1 cup grated mozzarella cheese  
4 to 6 basil leaves, finely chopped  
(for garnish)



**Directions:** Preheat oven to 400 F.

Cut the zucchini horizontally or severely on the bias about 1/3 inch thick. Brush with olive oil and season with salt and pepper. Either roast on baking sheet in oven for about 10 minutes or grill. Zucchini strips should retain body and firmness.

Sprinkle cooked zucchini with chopped tomato and mozzarella. Return to oven and allow cheese to melt, about 5 to 8 minutes. Remove from oven and sprinkle with basil.

**Ingredients:**

2 cups low fat yogurt  
1/4 cup honey  
2 tsp almond or pure vanilla extract  
2 ripe peaches  
1/4 cup crunchy low-fat cereal, crushed



**Directions:** Line a small sieve with a coffee filter. Put the yogurt in it, set it over a bowl, and refrigerate 2 hours. Discard the expressed liquid and put yogurt in a bowl. Whisk the honey and extract into the yogurt.

Cut the peaches into wedges. Sprinkle the yogurt with a little of the cereal for texture and crunch.

Serve yogurt with the peaches for dipping.  
Source: [www.foodnetwork.com](http://www.foodnetwork.com)

## FAN4Kids Question Corner



1. How long should adults be outside with no sunscreen per week (at most) in the summer months?
  - a. Not at all
  - b. No more than 15 minutes
  - c. Sunscreen is not really needed
2. Should children have sunscreen on at all times?
  - a. Yes
  - b. No
3. How much exercise should a child get per day?
  - a. 60 minutes per day
  - b. 30 minutes per day
  - c. 2 hours per day
4. One's body can survive more than a week without drinking water?
  - a. Yes
  - b. No

## Correct Answers:

1. **B.** Vitamin D is great from the sun but only small spurts are needed unprotected
2. **A. Yes.** Children have sensitive skin and can get burned easily. Just a few serious sunburns can increase the risk of a child developing skin cancer later in life.
3. **A.** 60 minutes of physical activity each day is recommended for children
4. **B. No.** Water is one of the body's most essential nutrients. Having enough water helps maintain a normal body temperature, transports nutrients and oxygen to all cells and carries waste products away. It also helps maintain blood volume and lubricates joints and body tissue.

Enjoy the following *Free* summer activities with your children:

1. Kids Yoga in Washington Square Park, every Wednesday between 6/1/16-8/31/16 from 10-11 a.m.; B.Y.O Yoga mat; more info at [www.nycgovparks.org](http://www.nycgovparks.org)
2. Preschool of Rock Show, an exciting, entertaining and educational music show for kids, 6/14/16 at Shipyard Park in Hoboken, N.J.; more info at [www.hobokennj.org](http://www.hobokennj.org)
3. Visit the Family Farmer's Market on Garden Street Mews, Hoboken, NJ Saturdays from 9 am-2 pm, 6/1/16-11/23/16; more info [www.gardenstreetfarmersmarket.com](http://www.gardenstreetfarmersmarket.com)
4. Nature Exploration at Prospect Park, Nature exploration, Discovery, Events and more, every Saturday and Sunday until 6/26/16 from 12-4 p.m.; more info at [www.nycgovparks.org](http://www.nycgovparks.org)



The Pena family has been chosen as the Fans' of the Month! Dominga Pena is the mother of three healthy children; Brandon(3<sup>rd</sup> grade), Keily(1<sup>st</sup> grade) and Max(pre-k) who all attend PS 157, Bronx, NY. She is actively involved in the school PTA, attends all of the FAN4Kids workshops/events, is always willing to give a helping hand and a good role model for her children! The Pena family has been chosen as the FANS' of the Month because of the positive life changes the entire family has made. Thanks to FAN4Kids, Dominga is proud to say her family has become healthier! Dominga has found her family drinking more water, exercising more and definitely eating healthier. "We are eating more vegetables now and it is my children who are encouraging our family to not eat junk food.



FAN4Kids has taught my children how to make healthy choices. Before, my children only would drink juice- now, they are aware of the importance of drinking water. Even Keily drinks more than a bottle of water everyday." Not only is Brandon now more open to trying new foods, but he tells his siblings to not drink soda because it "will eat your bones" and he only drinks soda once in awhile. Brandon says in FAN4Kids, "I am learning to how to keep fit and how to eat healthy so we can make our bodies strong." Keily, who also has FAN4Kids, says she is learning how to stay healthy, all about the different food groups and a new muscle each week. After each food tasting day, Keily comes home with the FAN4Kids tasting letter and shares with the family what she tried. During the fruit tasting, Keily told her family she tried natural applesauce and she liked it. Both Brandon and Keily tell their parents to look out for added sugars when buying foods such as applesauce. Because of her children's influence, Dominga is now looking at the nutritional fact labels before she buys food for the family. Even 4 year old Max; the youngest of the family(who does not have FAN4Kids this year), has learned ways to be healthy. He said(and demonstrated at the same time), "we can do 10 pushups and 10 squats so we can make our bodies strong."Dominga has noticed that her children want to be involved in not only eating healthy, but exercising. "When I am exercising, they are interested. They now see the elliptical as a fitness machine instead of a toy." It has been a healthy "family affair" for the Pena's! It is great to see that not only FAN4Kids students, Brandon and Keily are changing their habits, but the entire family is becoming healthier. They are all teaching and motivating each other to make healthy choices as a family.

**Congratulations to the Pena family! Keep up the great work!**

Dear Ms. FAN4Kids,

I keep hearing about meditation and breathing being good for you. I do not know anything about these activities. What are the benefits and can they be helpful for my children?

Sincerely, Inquisitive Mom

Dear Inquisitive Mom,

Thank you for asking about meditation. Although meditation has become popular over the years, many people still do not know what it really is. Authentic meditation allows one to focus on the present moment rather than dwell on the past, or what might happen in the future. It is the ability to get your body to a state of peace, through keeping your mind calm and silent, yet completely alert. When one achieves this state, it is believed he or she can reach their full potential.

Why should children meditate? There are many benefits of meditation for children. For example, it has been found to lower aggression, social anxiety and stress levels. Meditation has also proven to help instill self-control and an ability to focus, which often leads to more success academically and socially.

Meditation can be performed anywhere, does not require equipment and is free.

How does one meditate? Here are some exercises to try with your child:



**1.Elevator Down**-While sitting on the floor, imagine an elevator in your body going down three floors.

The top floor is from your head to your chest, the next floor is from your chest to your belly and the third floor is from your belly to your seat. Start at the top of your head and as you exhale, silently chant "three" as you imagine the elevator lowering from your head to your chest. When the doors open, imagine your breath coming in and freshening up the elevator, the way a window brings a fresh breeze into the room. Repeat this for two more floors. When you reach the ground floor, pause and feel your seat on the ground floor and enjoy landing fully.

**2. Finger-Counting Breaths**-This is a great one to do to calm a child or just to re-center. Create gently fists with your hands, and with each breath uncurl a finger from your palm. On your first exhale; open your left thumb from your fist. Pause and enjoy an inhale. On the next exhale, uncurl the left index finger. Continue until you have two open palms on your lap.

**3. Deep Breaths before bed**- Take a deep breath in through the nose, and on the exhale, chant out loud: "three"(threeee). Enjoy another deep in-breath, and on the next exhale, chant "two"(twwooo). Continue with a third deep in-breath and on the exhale, chant "one"(onnee). Enjoy feeling your body sitting or lying on the floor or in your bed. Repeat if desired.

Meditation has many benefits, most importantly it will make your mind and body feel good. Source: NY Times-The Mindful Child



Thank you to all of our schools, partners and supporters for allowing FAN4Kids the opportunity to educate our FAN4Kids students, families and school communities. The summer is a great time to practice everything you learned in FAN4Kids and we wish you all a healthy, safe and active summer! See you next year...

**Your FAN4Kids Team!**



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Above is a picture of Kindergarten students at Hawkins St. School having fun and raising their heart rates while learning the skills of how to play an Australian game called Aussball!



Above is a picture from the exciting, educational and fun FAN4Kids Family event at PS 277!

Students and parents participated in many different fun fitness and nutrition stations, such as, martial arts, smoothie tasting, basketball, etc. Everyone left feeling excited about being healthy and ready to be active this summer.

Have you dreamed of running in the NYC Marathon? Here is your chance! FAN4Kids has 1 spot open on our team for the 2016 NYC Marathon. No need to qualify or prior marathon experience required. Achieve an amazing personal goal while you also help FAN4Kids in the fight against childhood obesity. [#runwithus](#) [#fan4kids](#) [#NYCMarathon2016](#)  
If you are interested, email Karen at: [karens@fan4kids.org](mailto:karens@fan4kids.org).



Special thanks to our core sponsors, partners and the school administrators at PS 69, PS 157, PS 382, PS 277, PS 81, PS 54, PS 314, PS 73, PS 77, TALES, Seek Academy, HOPES, Hawkins, Harriet Tubman and St. Mark the Evangelist School.