

Family Game Nights... An Oldie But A Goodie!

If you are looking for a fun way to instill some energy and life into your family, consider adding a **"Family Game Night"** to your schedule! Game nights seem to be something of the past these days, but they are a great way to get your family away from the TV and provide an opportunity to spend more time together.

Below are some ideas to jumpstart "Family Game Night" in your home:

- Turn up the music and dance - who is the most creative dancer?
- Pull out an old board game that you haven't played in years.
- Go outside and play soccer, football, or any sport that you all enjoy.
- Get jumprobes for everyone and see who can jump the longest.
- Go for a family walk and play word games along the way.
- Draw up a hop-scotch game outside and see who can do the best.
- Get hula hoops for everyone and laugh as you all try to hula the longest.

Really, you can do anything on game night as long as it's fun and gets you away from the TV. Try adding it to your schedule this week - it's sure to bring your family closer together.

*"Movement is a medicine
for creating change in a
person's physical, emotional,
and mental states."
- Carol Welch*



FROM OUR MEDICAL DIRECTOR

Childhood obesity rates are continuing to rise at alarming rates and medical practitioners are seeing more adolescent patients who need care for diseases that were previously adult type diseases. Children with hypertension and high cholesterol are becoming more regular and diabetes in children is at staggering rates.

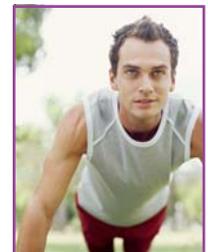
Many parents are struggling to get by in this troubling economic time, but it is important to focus on what is important...your family. Making wise eating choices will help your family to live a longer and healthier life and instilling the importance of exercise in a child can last a lifetime. Make this commitment not only to your children, but to you as well, so that you can enjoy a bright future!

Wishing you much health...
Kent Sasse, MD, MPH, FACS

Let's Get Active

Are time constraints getting in the way of your family being active together? Many families are running from morning to night, but little of that time is actually spent exercising! If this sounds like your family, put the following quick workout in your daily plan! Every little bit helps (and this only takes a few minutes!)

- 10 sit-ups
- 10 squats
- 10 lunges (each leg)
- 10 push ups
- 10 jumping jacks



Once you and your family have this down, up your daily repetitions to 15 or 20 per day. Have fun and be active together!

Sloppy Turkey Joes

4 Servings

Ingredients:

1 pound lean ground turkey breast meat
1 small onion, chopped
1/2 medium green bell pepper, chopped

Sloppy Sauce:

3/4 cup ketchup
1 tablespoon brown sugar
1 teaspoon dijon mustard
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 teaspoon chili powder
1/8 teaspoon ground cinnamon
6 whole wheat hamburger buns

Directions:

1. In a large, non-stick skillet over medium heat, saute the ground turkey, onion, and green pepper until the turkey is cooked through and no pink remains.
2. For the Sloppy Sauce, mix the ketchup, brown sugar, mustard, garlic powder, black pepper, chili powder, and cinnamon in a small bowl with a spoon.
3. Stir the Sloppy Sauce into the cooked turkey mixture. Reduce the heat to low, cover and simmer for 20 minutes.
4. Scoop about 3/4 cup of filling onto each bun.
5. **Serve up and enjoy!**

Nutritional Information (per serving):

380 calories; 5g fat; 1g saturated fat; 70mg cholesterol; 930mg sodium; 49g carbohydrates; 4g fiber; 13g sugar; 35g protein.

The Obesity Prevention Foundation is sponsoring a fundraising 10K jog/walk on **Sunday, May 3rd, 2009** in Reno, Nevada. If you are interested in being a part of our team, please visit www.obesitypreventionfoundation.org and click on the "Events" page. Come out for a healthy morning and help us to fight childhood obesity!

Tips for Encouraging Your Kids To Be More Active

Did you know that encouraging physical activity or better yet, if you are active yourself, that your children are more likely to be interested in a healthy lifestyle? Children who see their parents or family members being fit typically grow up to be adults who are interested in continuing that lifestyle! Try some of these tips to help encourage a healthy beginning for your children:

1. **Plan Activities Together.** Go for a bike ride, a walk, or just play a game outside. All of these will show your children the importance of exercise, but will also show them that being active can be fun too! Take it one step further and plan adventures to the zoo, go on hikes, or just go and play at a park!
2. **Develop A Positive Attitude About Exercise.** Encourage your child and provide positive comments about what they are doing. Make sure to offer praise when they do well, or just offer support if they are struggling! Most importantly, make it fun so that they want to continue.
3. **Be Your Child's Biggest Fan.** Be enthusiastic and excited for your child's achievement in activity. If they are just starting out, provide words of support so that they feel good. They don't have to be the best, but they should feel good about what they are doing!
4. **Be A Good Model.** Remember, your children are watching you for guidance. If they see you taking an active interest in exercising and being healthy, they will want to do the same.
5. **Encourage Healthy Eating Habits.** Proper nutrition will ensure that your child's body is ready for the extra activities. Encourage your children to drink water, and stay away from sugary drinks. Having healthy snacks readily available such as carrot sticks, apples, string cheese or yogurt around will help them to make healthier choices.
6. **Keep It Up!** Once you all get started on this healthy way of life, don't look back! Help your child to be active and healthy, but have them encourage you as well! Together, you can all lead a long and healthy life!

Commit to a healthy lifestyle today! You can do it!

***Adaped from the Center for Child Well-Being website.*