

Weekly E-Newsletter

<u>HEALTHIER YOU *IN ACTION!*</u>

WEEK 10 E-Newsletter

How to Encourage Healthy Living in your Family By Erika Nicole Kendall

Erika Nicole Kendall March 5, 2014 Eat & Run, usnews.com

The first days after giving birth to my beautiful baby girl were the days I weighed the most I'd ever weighed in my entire life. No, I couldn't focus on that too much – I had a little girl in my life I had to be mindful of! – but I did have the added responsibility of being healthy for that little girl.

Weight gain is different for everyone.

For me, it was causing strange problems that, postpartum, raised red flags among my team of doctors. I was already close to 400 pounds when I was pregnant. Doctors were monitoring my every move after the baby was

It would eventually take years for me to get the hang of losing weight, with the added responsibilities of parenting and caring for a family. Here are a few tips that helped make healthy living easier for my entire family – all while helping me achieve my own personal goals.

Don't try to make sneaky substitutions. Healthy living is almost always about making conscious decisions to eat better, as opposed to taking the easier, more convenient and often less healthy option. Encouraging mindfulness in your family members, instead of tricking them into eating broccoli, helps create a habit of identifying the healthy choice, taking the healthy choice and feeling good about it.

Make "being active" a family engagement. I taught my daughter how to count by having her count my pushups! I even used her as a barbell to do makeshift bench presses and arm curls, and I even squatted with her on my back -and she counted all the reps. A 45-minute family walk is not only quality time to spend together, but active time to get moving. Have a little one? No worries - jogging strollers make treks with toddlers much easier. Have an older kid who can't quite keep up with your speed? Grab a scooter! Soon you'll be chasing them, instead of them chasing you.

Teach your kids about healthy living. Share fruits with your kids, talk about their benefits, and combine your fruits with veggies. Share those, too. Let them see you enjoy tasting the veggies raw, cooked and everything in between. Help them understand that it's okay to like sweet stuff more, but that we have to learn to appreciate different flavors as well. Show them that not everything is supposed to be sweet, but when we combine lots of different flavors and levels of sweetness together, awesome meals happen.

Don't cut anything from your family's life without having a clear conversation with them first. You may be able to make that choice for yourself, but your partner and other loved ones didn't sign up for your exact regimen. If you need to rid certain foods from the house to help you meet your goals, it makes total sense to talk about that decision with your loved ones. Explain what your needs are, and ask for their help. Remember, we're talking about conscious choices – not you deciding to be drill sergeant. As a recovering

Continued on page 3

The Weekly Winners will be drawn and announced at the Healthier You Finale, directly following the Spring Color Splash 5K.

Saturday, April 19th, 2014 at the Valdez Teen Center!

See you there!

Recipe of the Week

Cucumber, Apple & Ginger Smoothie



Ingredients:

1 small cucumber
handful of spinach
1 apple, cored
1 TBSP minced ginger
freshly squeezed juice of 1 lime
1 TBSP honey/agave/maple syrup

1 cup water

Directions:

- 1. Partly peel the cucumber (remove about 60% of the peel).
- 2. Chuck all ingredients to the blender (except bee pollen) and let it work its magic.
- 3. Blend until desired consistency.
- 4. Taste and add more honey/agave/maple syrup if needed.
- 5. Enjoy this healthy and tasty smoothie!!

Smoked Salmon and Goat Cheese Scramble

Ingredients:

1 T oil

8 stalks of asparagus, cut into 1in. pieces

8 eggs

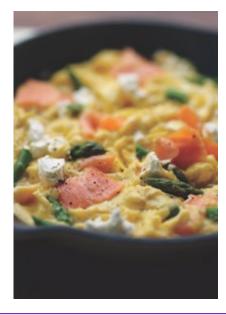
2 T milk

4 oz smoked salmon, copped

1/4 c crumbled goat cheese

Directions:

- 1. Heat the oil and cook asparagus until tender. Salt and pepper to season.
- 2. Whisk eggs with milk, add to asparagus. Cook until just about done, add goat cheese.
- 3. Remove from heat when eggs are creamy and soft and fold in smoked salmon.
- 4. Enjoy!



<u>Upcoming Healthier You</u> <u>Sponsored Activities</u>

Don't forget to complete the Healthier You Survey!

Hula Hoop Workout Saturday, April 5th 11am-noon @ Valdez Teen Center

Just Dance Off
Thursday, April 10th, 6-7pm
@ Valdez Teen Center

Healthy Family, continued...

emotional eater, I don't eat cookies, pastries or sweets, and I don't keep them in the house, but I will occasionally pick up a pastry for my daughter if we're walking past a bakery.

One of the best benefits of learning to live healthily – and for some, losing weight – as a parent is being able to pass down healthy habits to your children. For me, nothing was better than hearing my daughter say after finishing an apple, "Mom, I have a sweet tooth, which means I'm going to need another apple." As long as she doesn't go the

"cookie and soft drink route" that I was once famous for, I'm a happy woman.

All in all, making healthy living a part of family life is a win for everyone involved, and it helps you achieve your individual weight loss goals. The collective support of your loved ones makes it easier for you to get where you're trying to go. And, as I always say, your body – and your family – will thank you for it!



Biometric Screening Appointments!

Sign-up sheets are at the PWSCC Health & Fitness Center.
Screenings begin Monday, April 14th at Providence Valdez Medical Center

Healthier You Finale Spring Color Splash 5K Fun Run!

Saturday, April 19th Registration at 9:30am, Race Start at 10:00am Meet at the Valdez Teen Center

You don't have to be a Healthier You participant to join the fun run! Come for the race, stay for the Healthier You Finale! It is recommended to in non-valuable white clothes or your Healthier You 2014 t-shirt. Warning: you will get colorful!