

Wellness News

Healthy Kids, Healthy Families, Healthy Lifestyles

Great things can happen when
people work together

October 08 | Issue 1

Upcoming Events

- **Venice Farmer's Market**
at the Venice YMCA
Saturday, Oct. 25th
8 AM - 12 PM
- **Thanksgiving Day**
Family Turkey Burner
Thursday, Nov. 27th
- **Family Holiday**
movie marathon
Saturday, Dec. 13th
- **Family Field Day**
YMCA Open House
Saturday, Jan 10

Tip of the Month

Did you know the average US adult watches more than 4 hours of TV a day? That's 25% of waking time spent every day. Imagine if you suddenly had 25% more time – that's 3 extra months per year! You could get in all your exercise, cook your meals from scratch and still have time left over to write a novel.

The South County Family YMCA and the Sarasota Schools are working together to bring something new and different to your child and other elementary students in the Venice area. Our goal: to help build healthy kids and healthy families in our community. Over the summer a team of physical education teachers, a registered dietitian, and an exercise physiologist went to work developing a nine week program to encourage our kids to make healthier choices. But, where to start?

5-2-1-0. It is a simple and straight forward strategy to encourage healthy behavior change each day. And it is the guiding principle behind each of the nine lessons; 5 fruits and vegetables every day, 2 hours or less of screen time, 1 hour of physical activity, and 0 (yes, we said it) zero sugary drinks each day. It may be a little challenging at first, but we are encouraging the children to start with just one area and work from there. Your child will be exploring these ideas with their YMCA teachers each week during PE class but they will need your help. 5-2-1-0 can help families in the Venice area start making healthier choices today!

Across the nine weeks your child will be participating in a variety of physical activities and games. Each physical activity targets specific wellness and nutrition concepts that support the 5-2-1-0 strategy. They'll be using words like metabolism, calories, diet and exercise but not in the way we would. As adults, these words can sound



These teachers have developed and are teaching the specialized fitness and nutrition curriculum in Venice schools.

Back row left to right: Jim McMahon, Jennifer Kilkenny, Nancy Kizer

Front row left to right: Laura Coffman, Josie Lodrogué RD

ominous and depressing. Not this time! We have put a lot of energy into making each of these concepts relatable, fun and meaningful to our children. We are coming at it in a whole new way.

We'll be encouraging the students to put down the remote control and walk away from their computers or the video games to do something active and fun. And hopefully they will be encouraging you to join them. Before we are through, they will be talking to you about the food pyramid (you should check it out, it may look a little different than you remember) and "go, slow and whoa" foods. They will have some cool new websites to show you. You may even be asked to join in an outdoor game. It is our hope that they will be as excited as we are to share it all with you. Ask them about it!

Screen Time

Limiting your children to 2 hours

What exactly is screen time? Watching TV, playing video games, surfing the net are all examples of screen time; time when we are inactive and using technology to entertain ourselves. And, before the kids ask - no, homework is not considered screen time.

Limiting our screen time to less than two hours each day helps us to be more productive and more active. You can help make the switch easier and more fun for your kids. Help your children to plan their screen time in advance. They can decide what they enjoy the most and make sure to set aside time for it. As a family, make a list of fun activities to do that don't involve technology, cut it apart and put the pieces in a jar near the computer or the TV. When your kids don't know what to do instead of screen time, ask them to pick an activity from the jar. Set up a weekly bike trip to your local library and keep books, magazines, and board games in the family room. And most importantly set a good example. Join in on the fun.

What's happening next



Halloween Costume Exchange

Wondering what to do with last year's costumes? Looking

for something different to wear this year? As part of our Farmer's Market, the Y will be hosting its first annual costume exchange and sale.

Beginning October 1st, families can drop off gently used costumes at the YMCA front desk.

For each costume donated, you will receive a ticket to use at the Farmer's Market for a costume in exchange. Tickets may also be available for purchase at the Farmer's Market depending on the number of costumes received. Costumes will be available on a first come first served basis beginning at 8:00 a.m. on Saturday, October 25th. Hope to see you there!

Farmer's Market

Don't miss it! Just in time for fall, the Venice Farmer's Market is coming to the Venice YMCA for one day only. On October 25th the Farmer's Market will be held at the Venice YMCA at 701 Center Road in Venice from 8:00 AM to 12:00 PM. Join us and check out the pumpkin patch, locally grown produce and a variety of other local vendors. The YMCA will also be hosting a number of fun fall activities including pumpkin decorating, face painting, a costume exchange and more.



Healthy Treat

Purchase a pumpkin shape cookie cutter to make these fanciful whole wheat trick or treats for Halloween. The molasses adds vital iron and other minerals to these whole grain goodies that have an extra helping of fiber.

Ingredients

3 1/4 cups whole wheat pastry flour or oat flour	1 cup peanut butter
2 teaspoons baking soda	3/4 cup brown sugar
1/2 teaspoon salt	2 egg whites
1/2 cup trans-fat free margarine	1 tablespoon molasses
	2 teaspoon vanilla non-stick spray

Directions

In a medium bowl or zipper lock bag, mix 3 cups of whole wheat pastry flour or oat flour, baking soda, and salt.

In a separate large bowl, beat margarine, peanut butter and sugar with a wooden spoon until smooth and well combined. Beat in the egg whites, molasses and vanilla. Stir in the flour mixture.

Spread dough out onto a piece of wax paper about 18-inches long. Press another sheet of wax paper on top and roll the dough out so that it spans the entire sheet of wax paper. Fold in half.

Refrigerate about 1 hour until firm. Preheat oven to 350°F. Coat 2 large cookie sheets with non-stick spray. Peel back one of the sheets of wax paper. Dip the cookie cutter into the remaining flour and cut out your shapes. Transfer to baking sheets.

Bake 9-10 minutes until the pumpkins are firm to the touch. Remove to a wire cooling rack. Cool completely before storing in an air-tight container for up to 3 days.

Find this and other healthy recipes at www.skinnychef.com

Family Membership for as low as
\$25 per month*



family wellness at the YMCA

- Full Fitness Facility
- Group Fitness Classes
- Swimming Pool
- Rock Wall
- Youth Activities
- Child Watch Room

South County Family YMCA
701 Center Road, Venice, Florida 34285
941-492-9622

www.southcountyfamilyymca.org

* New members/new families only, limited to the first 200 families, prices based on sliding scale and qualifications. Prices range from \$25-\$60/month.