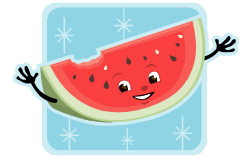




Fit to Print

Newsletter of the Weigh Smart™ Program



Healthy Coping Skills: Tips for Dealing with Everyday Stress

You know the feeling: you're in class, at home, or somewhere else, and suddenly you feel overwhelmed. You know you should be doing work, but you're tired; you've just had a fight with a good friend or family member; the same bully who's been bugging you this year tried to make fun of you in front of the whole class. So where do you turn? What do you do?



First of all, let's talk about what stress really is. Stress is your body's and mind's natural response to a threat. Scientists talk about the "fight-or-flight" response: when we think we're in danger, our body automatically begins to prepare for quick action. For example, if you were walking in a park, and suddenly saw something that looked like a snake on the ground, what would happen? Your heart would probably start

beating quickly, you'd take shallow, short breaths, and you might start sweating. And you didn't even have to think about it! Our response to stressful situations is often very similar — it's hard to think, and sometimes it's hard to not get more stressed out. So what are some ways of coping effectively with stress?

1. **Take a walk.** It doesn't matter how far or for how long — sometimes just getting out of the house can help you calm down.
2. **Call a friend.** It's easy to get trapped in our own anxious thoughts. Talking to a friend, family member, teacher, or counselor can help you express how you're feeling, and maybe get your mind off whatever's stressing you out.
3. **Write in a journal.** It's surpris-

ing how just putting your thoughts down on paper can help decrease your stress.

4. **Play a board game.** Or do something different. Homework stressing you out? Put it down for 10 minutes and take a short walk.
5. **Work up a sweat.** Exercising — whether it's doing jumping-jacks, stretching, or taking a quick jog — is a really good way of beating stress.
6. **Plan something fun.** It's a lot easier to get through a tough time if you have something to look forward to later. Maybe it's seeing a movie with a friend, going to the mall, or getting a new CD.
7. **Get to bed on time.** Or go to sleep earlier; sleep gives us energy and beat stress before it even happens. You should aim for 7-8 hours of sleep per night.

Adapted from Sparkpeople: www.sparkpeople.com/resource/wellness_articles.asp?id=185

Developing Healthy Eating Habits

Eat healthy. Sounds easy, right? For most of us, though, it's not as easy as it sounds. There are lots of food options out there, and especially when we're hungry and in a rush, it's easiest to grab the closest thing to eat, even when it's not the best choice. Here's a review of some tips for developing healthy eating habits:

1. Sit down at the table for all meals and snacks.
2. Keep unhealthy foods out of the house.
3. Eat foods from all food groups. All foods can fit into a healthy diet with moderation.
4. Model good behavior. If you eat well and exercise, your child will more likely want to eat well and exercise, too.
5. Turn off the TV and eat together! The more often families eat together, the less likely children are to smoke, drink, or use drugs.

4. Don't be a member of the clean plate club.



5. Limit TV time to no more than 2 hours a day.
6. Be supportive. Reward good behavior with non-food rewards like a trip to the mall to buy a CD, a game of bowling, extra phone time, or a trip to a kids' museum.

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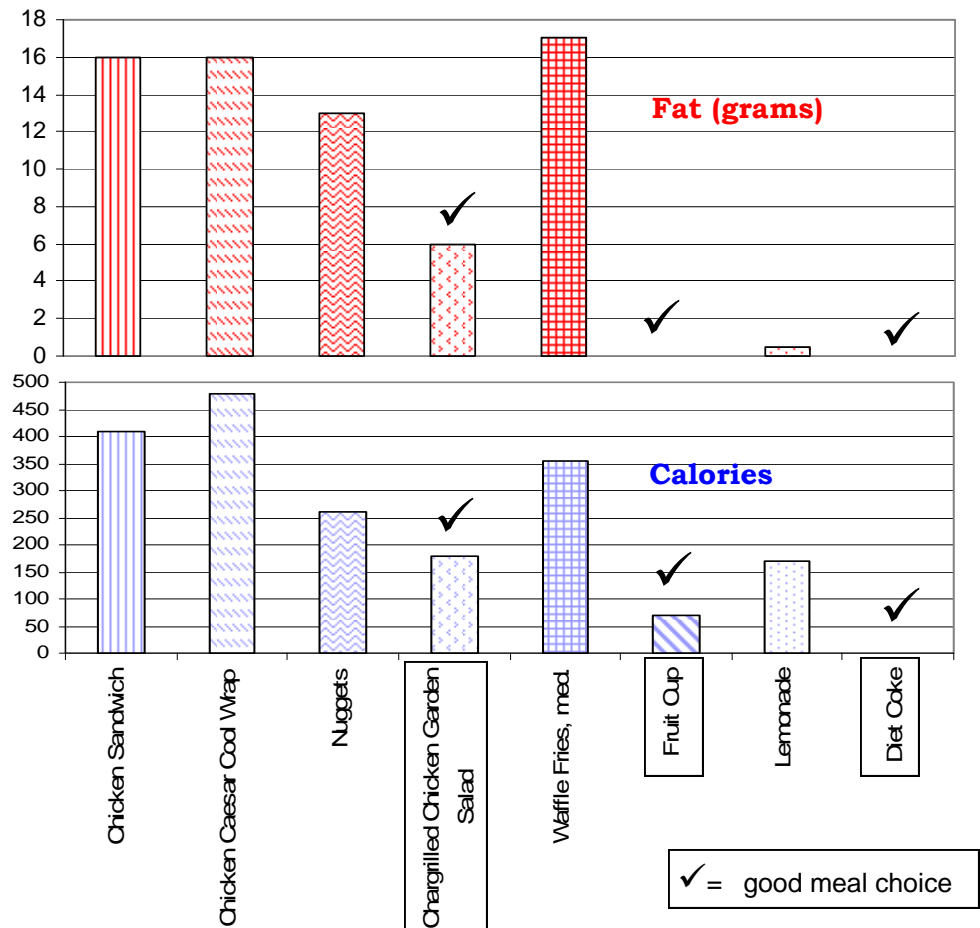
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Welcome to the first issue of *Fit to Print!*

Is there something you'd like to see in the next issue? Is there a specific topic you'd like to read about, or would you like to share a recent accomplishment with your Weigh Smart™ friends? If so, send email to mdemeule@mwph.org. Send us your e-mail address and we'll add you to our online Weigh Smart™ club. You'll receive this journal right away in your e-mail box instead of a few days later in your mailbox. Your e-mail address will be sent out "blind copy," meaning it will be seen only by Michelle or Weigh Smart™ staff when the issues go out on e-mail -- it will not be seen by others.

Healthier Choices at Chick-Fil-A

Ever wonder what's in that Chicken Sandwich you're chowing down on? It can help to know how many calories (energy) and fat is in each serving so we can make smart choices about what we order. It's not impossible to eat healthier at restaurants like Chick-Fil-A — just take a look at our guide! You can find more info and try the meal calculator at www.chick-fil-a.com/#nutritiondata



What's For Dinner? A Tasty Salad Idea

Citrus and Black Bean Salad

Orange and grapefruit add flavor and vitamin-C to this fiber rich bean salad.

Calories: 195.6; fat: 4.1g; carbs: 33.5g; protein: 9.0g

Ingredients:

- 1 grapefruit, peeled and sectioned
- 2 oranges, peeled and sectioned
- 1 16 oz. can of black beans, drained and rinsed
- 1/2 cup red onion, chopped
- 1/2 avocado, sliced
- 2 tablespoons lemon juice
- black pepper to taste

Instructions:

Combine all ingredients. Serve at room temperature. Serves 4.



Dietitian's tip: Use already peeled & sliced grapefruits and/or mandarin oranges in jars or cans (but make sure they're packed in their own juice) to save time. Reduce the avocado to 1/4 or leave out to decrease fat and calories!

Adapted from:
<http://www.sparkrecipes.com/>

So what's a good meal choice at Chick-Fil-A? The Chargrilled Chicken Garden Salad, Fruit Cup, and Diet Coke = 415 calories and 3.5 grams of fat.



A not-so-good choice: Chicken Caesar Cool Wrap, Waffle Fries, and Large Coke = 1075 calories and 27 grams of fat. That's a big difference!