



Fit to Print

Newsletter of the Weigh Smart® Program



Tips for staying active during the winter months

When the temperature is freezing, we understand if you want to stay indoors. We've found plenty of options for you to stick with being active and healthy without freezing!

The Baltimore recreation centers and YMCAs offer a variety of activities such as:

- Open gym
- Youth cardio
- Basketball
- Volleyball
- Indoor soccer
- Hip-hop dance
- Ballet
- Tap dance
- Urban line dancing
- Karate
- Ju Jitsu
- Tai Chi Ch'uan



Baltimore-area YMCA centers

Druid Hill Family Center (p) 410-823-8870
1609 Druid Hill Ave.
Baltimore, MD 21217
(p) 410-728-1600

Harry & Jeanette Weinberg Family Center at Stadium Place
900 E. 33rd St.
Baltimore, MD 21218
(p) 410-889-9622

Catonsville Family Center
850 S. Rolling Road
Catonsville, MD 21228
(p) 410-747-9622

Towson Family Center
600 W. Chesapeake Ave.
Towson, MD 21204

Carroll County Family Center
1719 Sykesville Rd.
Westminster, MD 21157
(p) 410-848-3660



Call (410) 396-7900 to see what your local Baltimore City rec center has to offer

Skating—a fun family activity!



Skating is a great way to have fun and burn calories. Most ice skating and roller skating rinks have special light effects and play music. The next time you are looking for a fun thing to do with friends, consider going to a local skating rink!



A healthier option at... Golden Corral

Here's our next stop on our tour of healthier choices. Last month we found a healthier meal at Taco Bell—this month we're on to Golden Corral!

Instead of:

- 1 c. macaroni and cheese
 - 1 c. mashed potatoes with gravy
 - 3 BBQ pork spareribs
 - 1/2 c. broccoli with cheese sauce
 - 1 c. clam chowder
 - 1/2 c. banana pudding
- (2144 calories, 112 grams of fat)

Try this:

- 1 turkey breast with wing
 - Corn on the cob
 - 1/2 c. green beans
 - 1 small baked potato
 - 1 c. chicken gumbo
 - 1 chocolate chip cookie
- (549 calories, 12.5 grams of fat)



Next month play soccer with the Baltimore Blast! See pg 2 for more info!