

LIVING HEALTHIER



Carolinan HealthCare System



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

April 2017

APRIL IS HEALTHY KIDS MONTH!

HERE ARE SOME TIPS TO HELP DEVELOP HEALTHY HABITS WITH YOUR CHILDREN.

TOP 10 TIPS TO HELP CHILDREN DEVELOP HEALTHY HABITS

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choices and physical activity habits. Here are some tips and guidelines to get you started.

1. Be a good role model

You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.

2. Keep things positive

Kids don't like to hear what they can't do. Tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.

3. Get the whole family moving

Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.

4. Be realistic

Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.

5. Limit TV, video games and computer time

These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease. Limit screen time to 2 hours per day.

6. Encourage physical activities that they'll really enjoy

Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it.

7. Pick truly rewarding rewards

Don't reward children with TV, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.

8. Make dinnertime a family time

When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.

9. Make a game of reading food labels

The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime.

10. Stay involved

Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.



Source: http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HowtoMakeaHealthyHome/Top-10-Tips-to-Help-Children-Develop-Healthy-Habits_UCM_303805_Article.jsp#.WMBKA9LyvIU

Learn more about how to keep kids fit at: cannonymca.org

LEMON-THYME CHICKEN WITH SAUTEED VEGETABLES

WELCOME SPRING WITH THIS BRIGHT MEAL!

Servings: 4 Prep Time: 5 mins Cook Time: 15 mins

Ingredients

- 4 tbsp lemon juice
- 1 tbsp chopped garlic, divided
- 1 tbsp chopped fresh thyme, divided
- Salt
- Freshly ground black pepper
- 1 pound chicken breast tenders, lightly pounded
- 4 tsp canola oil
- 1 medium shallot, sliced
- 1½ cups frozen shelled edamame, thawed
- 1½ cups grape tomatoes, halved
- 2 medium zucchini
- ⅓ cup crumbled feta



Directions

- In a resealable plastic bag, combine 3 tablespoons lemon juice, 2 teaspoons garlic, and 2 teaspoons thyme; season to taste with salt and black pepper. Add chicken tenders, seal the bag, and gently turn to coat. Set aside.
- Heat 2 teaspoons canola oil in a large skillet over medium-high heat. Add shallot, remaining garlic, edamame, and tomatoes; saute 4 minutes.
- Use a vegetable peeler to slice zucchini into long ribbons. Add zucchini and remaining lemon juice and thyme to vegetables in skillet; saute 2 to 3 minutes. Transfer to a serving bowl, stir in feta, and season with salt and black pepper to taste.
- Add remaining oil to skillet. Remove chicken from marinade and saute 2 to 3 minutes a side or until cooked through. Serve with vegetables.

Nutrition facts per serving: 327 calories, 28g protein, 16g carbohydrate, 12g fat (3g saturated), 5g fiber

Taken from: www.fitnessmagazine.com; recipe by Anna Berman.



APRIL WELLNESS EVENTS

ALL EVENTS ARE HELD IN THE LOBBY OF EACH CANNON Y BRANCH

Ask the Experts | 9-11 am

Ask the Dietitian Nutritionist is a monthly event offered at each branch of the Cannon YMCA. At these events, members are given the opportunity to learn more about nutrition and its impact on health, as well as pick up tips on healthy eating habits.

Stop by and see Alicia Knetsche, Registered Dietitian Nutritionist and Erin Coggins, Registered Nurse with Carolinas HealthCare System, to discuss any health related questions and to learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a FREE event.

Meet with the Registered Nurse

Harrisburg: April 5
Kannapolis: April 17
West Cabarrus: April 27

Meet with the Registered Dietitian Nutritionist

West Cabarrus: April 10
Kannapolis: April 11
Harrisburg: April 20

Cooking Class

(Must sign up at 2nd floor
Courtesy Counter)

April 12 | 10:00am
West Cabarrus Branch

AOA Lunch & Learn:

Straight Talk about Diabetes
(Sign up at Member Service Desk)

April 13 | 11:30am
Harrisburg Branch