



## The Parent & Teacher Corner

### Finding the Time

Exercise is often not on our daily to-do lists. Finding time is a challenge and cold temperatures of winter makes outdoor activities less appealing. Nevertheless, you need to make your health a priority.

If you can't set aside a regular block of time for exercise, find time whenever you can. Studies show intermittent exercise is just as beneficial as doing it all at once. Also, think outside the box. Exercise is anything that makes your body work and burn energy.

Here is a list of simple things you can do throughout the day to keep you active without taking too much time:

- Do calf raises or squats while in the kitchen preparing dinner. Hold something like a canned product or milk jug to make it more difficult.
- Scrub your tub or shower. Chores that require more effort raise your pulse and provide a whole body workout.
- Do jumping jacks. Jumping up and down takes a lot of energy. Start small and increase your number as the weeks go by.
- Go shopping, but don't buy anything. An indoor mall or large store is a great place to walk. Malls often open earlier for walkers, so you won't have to battle with shoppers.

For more information on exercise, including tips on getting started, guidelines and ideas, visit:

[www.health.gov/PAGuidelines](http://www.health.gov/PAGuidelines)

## The Student Corner

### Staying Active & Safe in Winter

Just because it's cold outside doesn't mean you have to stay inside. From skiing to sledding, going for a walk or building a snowman, there are lots of things to do in the winter.

However, when the temperature drops, make sure you are stay safe while having fun. Check out this list before heading out:

**Stay Warm** – Layering is the name of the game for staying warm. Don't forget ears, hands, head and feet. Layering allows you to adjust clothing based on the temperature.

**Block the Sun** – Though it doesn't feel hot outside, the sun is still out and can damage your skin. Any exposed skin (probably just your face) should be covered with sunscreen. It will also help protect your skin from wind burn.

**Think About a Drink** – Just as in warmer temperatures, playing around in the cold makes you sweat. However, you might not feel thirsty, so you forget about drinking. Keep water with you and sip often.

**Take a Break** – After being outside in the cold for a while, your body temperature can drop by a couple of degrees. This makes you feel tired and more likely to exhaust yourself. Go inside every 30-60 minutes to warm up.



## Ask the Dietitian

**I am training for a marathon and would like to find a sports dietitian to help with my nutritional needs. How can I find one in my area?**

Registered dietitians can specialize in many areas of nutrition, including sports nutrition. All dietitians know the basics of healthy meal planning, including meeting the nutritional needs of an athlete.

That said, there are dietitians who specialize in sports nutrition and may hold Board Certification as a Specialist in Sports Dietetics (CSSD). Dietitians must complete a certain number of practice hours in the field of sports nutrition and pass a test before they can earn the certification. If they have, they will have the letters CSSD after their name.

To find a registered dietitian, visit the American Dietetic Association (ADA) website at [www.eatright.org](http://www.eatright.org)

To find a registered dietitian with a CSSD, visit the ADA Sports, Cardiovascular and Wellness Nutrition website at [www.scandpg.org](http://www.scandpg.org)

## Recipe of the Month

### ● Quick Chicken Noodle Soup

*(adapted from Cooking Light)*

This recipe is quick and easy for those cold winter nights when all you want is a warm bowl of soup. Making your own soup allows you to control the ingredients, making this version lower in sodium than most canned varieties.

**Serves: 8**

**Serving size: 1 cup**

#### Ingredients:

Water	1 cup
Fat-free, low sodium chicken broth	32 fl oz
Olive oil	1 Tbsp
Chopped onions	½ cup
Chopped celery	½ cup
Salt	½ tsp
Ground black pepper	½ tsp
Chopped carrots	½ cup
Dry fusilli pasta	6 oz
Shredded, skinless, boneless rotisserie chicken breast	2½ cups
Chopped fresh flat-leaf parsley	2 Tbsp

1. Combine 2 cups water and chicken broth in a microwave-safe dish, and microwave on high for 5 minutes.

2. Heat a large saucepan over medium-high heat. Add oil to pan; swirl to coat. Add onion, celery, salt, pepper, and carrot; sauté 3 minutes or until almost tender, stirring frequently. Add hot broth mixture and pasta; bring to a boil. Cook 7 minutes or until pasta is almost al dente. Stir in chicken; cook 1 minute or until thoroughly heated. Stir in parsley.

#### Nutrition Information (per serving):

180 calories	489mg sodium
3.5g total fat	35mg cholesterol
18g carbohydrates	30% vitamin A
1g fiber	4% vitamin C
2g sugar	2% calcium
17g protein	6% iron

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