



It's still you...just HEALTHIER

“Fall Into Healthy Habits”

Camp NEWSletter

VOLUME 1, ISSUE 1

OCTOBER, 2009

SPECIAL POINTS OF INTEREST:

- **Tips for Healthy Eating During the Holidays**
- **Fall Activities**
- **Healthy Recipes**

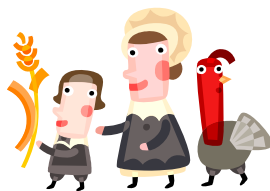
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Stuff the Turkey, Not Yourself

10 Tips for Preventing Holiday Weight Gain

- 1. Use healthy preparation methods.** You will feel better knowing you are serving a healthy meal and your family and friends will not even notice.
- 2. Eat before you go.** Allowing yourself to get overly hungry before a holiday meal encourages over-eating and inhibits your ability to make better choices.
- 3. Slow down.** Eating slowly allows your stomach time to communicate to your brain that you have eaten enough.
- 4. Eat off smaller plates.** Using smaller dishes fools you into thinking you are eating more.
- 5. Focus on spending time with your family and not on eating.**
- 6. Put the food away after the meal.** Clear the table when everyone is finished to eliminate after dinner snacking.
- 7. Wear tighter clothes.** When you wear tighter fitting clothes, you will feel uncomfortable after eating a smaller amount of food.
- 8. Don't give into pressure.** Politely let pushy family members know you have had enough, but you plan to take some home later.
- 9. Sample each food.** Have a small serving of each food on the table. You will feel satisfied because you have tried everything, but you won't be uncomfortably full.
- 10. Portion leftovers into small meals in freeze-safe containers.** Knowing you have several days of Thanksgiving dinner to come may make it easier to give up extra portions that day.



Plan Your Families 1st Annual Turkey Trot

Thanksgiving is usually a holiday full of tradition, indulgence and unfortunately usually a couple extra pounds. The American Council on Exercise (ACE), America's non-profit fitness advocate, suggests a balance between committing to remaining active and limited caloric intake over several days to stay healthy

and trim through the holidays. Every year, we tell ourselves this year is going to be different. We say, "I am not going to over-indulge in the holiday feasts and gain ten pounds". Each year we fail once again. This year stay active. On Thanksgiving morning, after you have put the bird in the oven, take a five mile family

walk/jog. On average you will burn about 500 calories. Use this time to reflect on your family's successes this past year and have everyone name one thing for which they are thankful for. Encourage other CNY families to do the same thing and share your successes on Facebook or send them into the CNY website.

Tricks for Limiting the Treats



While most people believe holiday weight gain begins with Thanksgiving, think again. Candy leftover from Halloween, whether it's at your home or work, can be a constant temptation. Below are some tips to help you limit the treats this Halloween:

- Eliminate the temptation of leftovers by either throwing the candy away or donate it to a food bank, school or church.
- Control your families daily intake by portioning candy into small bags and allow them one bag per day until their stash is gone. *(This method would work for parents, as well).*
- Provide children with a smaller bag for candy collection.
- Buy non-candy items or a type of candy you don't like.
- Instead of trick or treating, host a party at your house and invite friends and family to enjoy healthier food choices and fun activities.
- Use leftover candy to create crafts such as a gingerbread house.

Raking leaves
for one minute
is equivalent to
taking 125
steps.

The average
person
consumes
about
4,500
calories
on
Thanksgiving

CNY Fall Weekend: Friends, Family and Fun



You Tell Us: What Makes a Healthy Breakfast?

The CNY Fall weekend had its share of high and low points.

Glade Springs offered a gorgeous setting to enjoy time with friends, family and the camp staff. Many of you enjoyed the new physical activity ideas that were introduced, such as Irish Road Bowling. The Halloween Dance was quite a hit, as parents and kids danced the night away together.

Of course, with all the success there are still some areas for improvement.

Bagged breakfasts were provided as a way to demonstrate healthy, quick breakfast options on days when a sit down breakfast is not feasible. Some of you were not impressed.

So before the next weekend, we want to hear from you. **What do you think would make a tasty and healthy bagged breakfast?**

Submit your idea to

Kristin McCartney, RD

via email:

kmccartney@hsc.wvu.edu

Two submissions will be chosen based on their creativity, nutrition and ease in preparation. The winners will be revealed at the next weekend retreat.

So enter for your chance to win the **"Breakfast in a Bag" Challenge**.

Rake In Some Fall Activity



Raking leaves gives you a perfect opportunity to get outside, get some fresh air, and get in a workout — all at the same time.

Raking leaves is considered moderate physical activity, similar to a brisk walk. Raking uses muscles in your arms, chest, shoulders, legs, and upper and lower back — almost all the muscles in your body.

A 135-pound person could burn about 240 calories raking leaves for an hour.

To make it easier on your body, use some leaf-raking tips:

Warm up. As with any physical, you should warm up your muscles before you start using them.

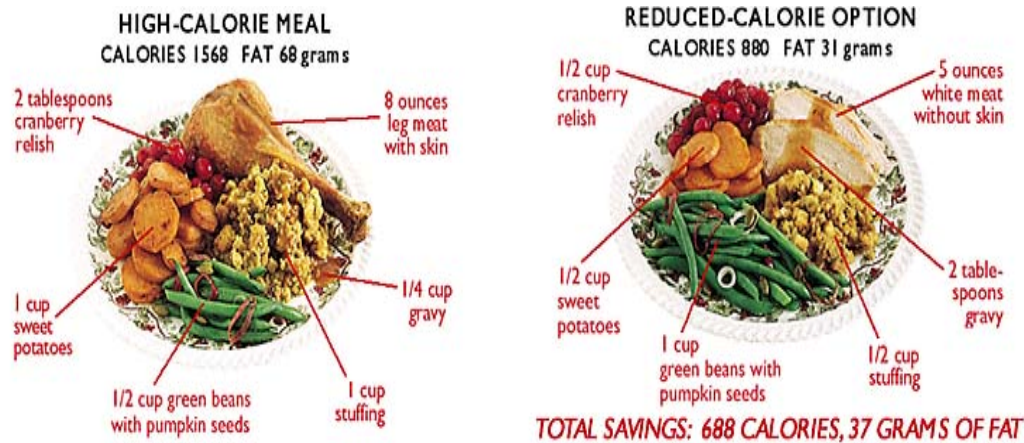
Stand and move correctly. Form a wide base with your feet and holding the rake slightly toward the end of the handle with one hand and three-quarters of the way down the handle with the other. Be careful not to twist your spine. Instead, move your whole body, not going farther than your feet will allow.

Switch sides. People tend to rake on one side of their body, which increases the risk of injury since raking uses the same muscles to do the same movement over and over. To avoid overuse injury, try switching sides every few minutes.

Take it easy. Take your time, especially if you don't normally do yard work or aren't very physically active.

On Average, Americans gain anywhere between 7-10 pounds between Halloween and the Super-bowl.

Create a Healthier Plate



In order to gain 7-10 pounds, you must consume 24,500-35,000 excess calories, which is equivalent to, 3100 excess calories per week or 437 excess calories per day.

Got Leftovers? Recipe for Leftover Turkey.

Chilled Turkey Rice Salad

Ingredients

- 2 cups cooked turkey, cut into 1/2" pieces
- 1 cup cooked rice
- 2 green onions, chopped
- 1/2 tsp. Curry powder
- 4 tsp. Lemon juice
- Salt to taste
- 1/4 cup chopped green pepper

- 1/2 cup chopped celery
- 3/4 cup low fat, plain yogurt
- Lettuce

Directions:

Combine rice, onion, curry, lemon juice and salt. Cover and refrigerate overnight. Add rest of ingredients, except lettuce, to chilled rice mixture. Serve on lettuce leaves.

Nutrition

Calories	222
Protein	33 grams
Carbohydrate	13 grams
Fat	5 grams

Exchanges

- 4 Lean Meat, 1/2 Starch,
- 1 Vegetable, 1/2 Fat



It's still you...just **HEALTHIER**

Camp NEW You

"It's Still You...Just Healthier"

Camp NEW (Nutrition, Exercise, Weight Management) You is an innovative program designed to help youth and their parents identify and practice lifestyle changes that will assist in reducing unhealthy body weight through increased physical activity, decreased sedentary behavior, and improved nutritional choices. The program focuses on goal setting and decision-making, and emphasizes the importance of family participation in helping to create home environments that provide regular opportunities for moderate-to-vigorous physical activity and healthy eating.

Thanksgiving Humor

Twas the night of Thanksgiving, But I just couldn't sleep.

I tried counting backwards, I tried counting sheep
The leftovers beckoned --- The dark meat and white,

But I fought the temptation with all of my might.

Tossing and turning with anticipation.....

The thought of a snack became infatuation.....

So I raced to the kitchen, Flung open the door,
And gazed at the fridge full of goodies galore.

I gobbled up turkey and buttered potatoes,

Pickles and carrots, beans and tomatoes.

I felt myself swelling so plump and so round,

Till all of a sudden, I rose off the ground !!

I crashed through the ceiling. Floating into the sky....

With a mouth full of pudding and a handful of pie,

But I managed to yell as I soared past the

trees.....

HAPPY EATING TO ALL !!
PASS THE CRANBERRIES PLEASE !!

www.campnewyou.org

Thanksgiving Weather Forecast

Turkeys will thaw in the morning, then warm in the oven to an afternoon high near 190F. The kitchen will turn hot and humid, and if you bother the cook, be ready for a severe squall or cold shoulder.

During the late afternoon and evening, the cold front of a knife will slice through the turkey, causing an accumulation of one to two inches on plates. Mashed potatoes will drift across one side while cranberry sauce creates slippery spots on the other. Please pass the gravy.

A weight watch and indigestion warning have been issued for the entire area, with increased stuffiness around the beltway. During the evening, the turkey will diminish and taper off to leftovers, dropping to a low of 34F in the refrigerator.

Looking ahead to Friday and Saturday, high pressure to eat sandwiches will be established. Flurries of leftovers can be expected both days with a 50 percent chance of scattered soup late in the day. We expect a warming trend where soup develops.

By early next week, eating pressure will be low as the only wish left will be the bone.

-Elliot Abrams, excerpted from the forthcoming book, "Weather Prognosticators and the Media: Fallacies, Facts, and Fun in Forecasting", by Norm Macdonald