

LONG ISLAND WEIGHT COUNSELING, INC.

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Linda Fiverson



NEW LESSONS TO LEARN by Linda Fiverson

Since the beginning of time playing has been called “children’s work”. It’s what they do, what they love to do and what they should be doing. The kind of play they participate in, however, makes a big difference in their lives.

I’m sure many of you remember games like ring alevio, stoop ball and red light, green light. Where have these games gone? Over the years, playing has taken on a more sedentary role. Kids spend hours parked in front of computers and TV’s, sending instant messages and playing video games. Combined with their indulgence of fast food and “quick picks”, is it any wonder that obesity in children and teens is so high? Our children are overweight and under-fit!

Whose responsibility is it to teach kids about the impact nutrition and fitness have on their overall wellbeing? I believe it should be a combined effort by all of the adults in their lives. This includes parents and caregivers, teachers and guidance counselors, doctors and school nurses, relatives, coaches and community leaders.

In 1953, President Eisenhower established a fitness committee to educate and encourage individuals and groups to promote and adopt active lifestyles. Even then there were concerns that we were raising less fit kids and teens. It was attributed to the fact that we were becoming increasingly dependent on technology. Rather than riding bicycles or walking to school, kids were transported in cars and buses. Rather than climbing stairs, they were using escalators and elevators and rather than performing strenuous outdoor chores, they were doing things like setting tables and making beds.

(continued)

Throughout the past 53 years, the President’s Council on Physical Fitness and Sports has continued its work trying to coordinate efforts between all factions of the government and community, school personnel, parents, caregivers and leaders in sports and recreation programs.

In my position as a Nutritionist and Weight Loss Counselor, I am concerned at the growing number of children and teens I counsel.

The summer is usually a peak time in activity levels because there’s a hiatus from school and kids are in all sorts of camp and recreation programs. They’re running, jumping, swimming and hiking. Looking at the calendar we know it will soon be “Back to School” again! How can we make this year a healthier (and happier) one for our kids?

First of all, I think it’s important to remember that “actions speak louder than words”. Kids follow what they see us do more often than they follow what they hear us say. That means we should take a look at ourselves and examine what we are eating, how much we are exercising and how often we are making healthy choices ourselves. That’s really the key – helping our kids learn which foods are best for them and making them look and taste appealing. We must also encourage them to be physically active every day and not just when the thought occurs. Being active on a daily basis will train them to have these thoughts more regularly and spontaneously.

The lessons children learn at an early age are more readily accepted and prone to stay with them as they grow older. Help your children learn that being active is a wonderful way to take care of your body. Regular exercise should not be perceived as a chore or a punishment. It should be enjoyed and sought after. Whether you decide to take family walks or play ball together, enroll your kids in gym and dance classes or team sports, it’s important that you do something.

Nutritious eating and physical activity are precursors to good health and being fit. I encourage you to limit sugary foods, time in front of the TV and computer screens and get out there with them! It’s always the right time to help them develop healthy bodies and healthy minds. Children who are healthy and fit are more energetic, less anxious, more focused and less insecure. They do better in both, school and in social encounters. Their self esteem is higher and they look and feel better about themselves and their achievements.

Let going back to school be a time for your children to learn new lessons -- in nutrition and fitness along with their lessons in academics!

AUGUST, 2009

SUMMER SQUASH SOUP



INGREDIENTS

- 6 medium yellow or green squash sliced
- 2 small onions thinly sliced
- 2 thinly sliced garlic cloves
- 1/2 cup Greek Fage 0 plain yogurt
- 3 c water
- 1 tsp salt
- 1 tsp black or white pepper
- 2 tbsps chopped fresh chives
- 2 tbsps olive oil
- 3 tbsps shredded squash or Basil leaves for garnish if desired

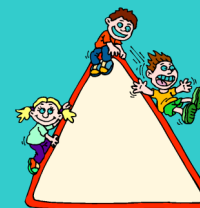
DIRECTIONS

Sauté onions, garlic and chives until soft. Add squash and season with salt and pepper. Continue sautéing until soft. Add water and heat to boiling. Let mixture cool and puree with a hand blender. Pour into a large bowl and stir in sour cream. Cover and refrigerate for 6-8 hours. Stir well and serve cold adding shredded squash or basil for garnish if desired.



Linda Says...

Watch what you eat and
watch what you do –
Somebody’s kids are
watching you!



ACTIVITIES THAT HELP US GET FIT!

FIND THE WORDS BELOW AND CIRCLE THEM. HINT: THEY GO IN ALL DIRECTIONS!

G Y M N A S T I C S A D K K P
 G N I C N A D W L G R G I H I
 R N O P G I Y E O A S N C T L
 K A R T X N D Y O B T I K E A
 J C Q T N D I B G R R N B E T
 Y U L U I I E K A W E E A B E
 E Z G N E L M M I G T D L S S
 K H G G F T P D N B C R L I I
 C L X F L O B I A Y H A G R G
 O Z U M L I L A T B I G U F N
 H H L I L T N F L A N X N B R
 S U N I S I D G V L G F Y N F
 U E G E Q L L A B Y E K K O V
 Z G R C A N O E I N G U P M X
 N W S K A T I N G N I K L A W

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|------------|--------------|
| BADMINTON | PILATES |
| BIKING | RAQUETBALL |
| CANOEING | SHUFFLEBOARD |
| DANCING | SKATING |
| FRISBEE | SLEDDING |
| GARDENING | STRETCHING |
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Fiveson's Foods are made for and sold exclusively by Linda Fiveson

A great time was had by all who attended my Grand Re-Opening Celebration on July 31st! There were lots of great prizes, fun and food. Thanks to all who came and supported this night! It is truly appreciated! Don't forget to check the website for photos!
www.lindafiveson.com

Linda

Do you have a question or suggestion?
 A personal strategy that you use?
 Please let us know—we'll consider it for a future edition!
 You may send an email to:
lindafiveson@yahoo.com