



March 2016

Welcome to ***Healthy Carroll Families*** for Spring 2016. *Healthy Carroll Families* is our electronic media campaign designed to help you take the next step in your family-based approach to healthy weight.

Our handouts for this edition are:

- **“Jump into Spring”** – provides tips for working physical activity into your spring schedule,
- **“Breakfast Basics”** – facts and pointers to help you start the day right,
- **“Breakfast Recipes for Busy Families”** - ideas for healthy options that kids and parents will enjoy.

**Are you aged 45 or better and looking for fun ways to be more active?** Check out ***TryVent*** - a celebration of wellness that will take place at McDaniel College on **Sunday, April 24** from 1:00 to 5:30 p.m. For just \$10, you can try a new sport or recreational activity like Kubb or Pickleball, enjoy great food and music outdoors, and get cool gifts and prizes. Scholarships are available - call 410-871-7442 to inquire. Visit [TryVent.org](http://TryVent.org) to learn more.

**“Healthy” resource materials for older adults** can be found here:

[HealthyCarroll.org/Elder-Wellness/](http://HealthyCarroll.org/Elder-Wellness/)

The page has links to materials from trusted local and national organizations, such as booklets, flyers and posters, with information to promote life-long wellness.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody! These materials can also be downloaded for free from our web site, [HealthyCarroll.org](http://HealthyCarroll.org).

Please call or email me any feedback, suggestions, or questions you may have about ***Healthy Carroll Families***. I look forward to hearing from you.

Caitlin Cross, Community Health Improvement Contact  
Chronic Disease Prevention and Intervention Leadership  
Team  
[CCross@carrollhospitalcenter.org](mailto:CCross@carrollhospitalcenter.org)  
410-871-7648



535 Old Westminster Pike, Suite 102  
Westminster, MD 21157  
Telephone: (410) 871-7645  
Fax: (410) 871-6325  
[HealthyCarroll.org](http://HealthyCarroll.org)

# Jump into Spring

With warm weather upon us, families are filling their calendars with outdoor activities. Between shuttling kids to baseball practice and trying to get dinner on the table, it may seem like there's no chance for a parent to enjoy quality exercise time.

Here are some tips to help you fit physical activity into your busy spring schedule!



## **Create a goal**

Having an end goal can help you stay motivated. Make the goal attainable, such as “run your first 5k” or “join a weekend tennis group”.

## **Exercise during your child's scheduled activities**

Have some time while Johnny is at track practice? Take a walk around the neighborhood, visit your local gym, or sign up for a class offered in the same time slot.

## **Work out with your pet**

A pet is an automatic motivator for taking walks or engaging in active play.

## **Be active in the morning or evening**

The sun rises earlier and sets later in spring. Get the paper and go for a morning walk, or take an evening stroll. Exercising early or late gives you quality time with yourself.

Including physical activity in your daily routine doesn't have to be a struggle. The key is finding an activity you love. Don't be afraid to try new things!

**L.E.A.N. Carroll**

*A family approach to healthy weight*

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# BREAKFAST Basics

Taking a few minutes to focus on breakfast can make a big difference in your day. Most Americans believe breakfast is important, yet only 44% eat it every day. (USDA 2015) Some skip breakfast because they aren't hungry or want to lose weight, but there are many good reasons to eat breakfast.

## Why breakfast?

- Bodies need to be refueled after 8 to 10 hours without food.
- Breakfast starts the body's metabolism to begin burning calories early in the day.
- People who eat breakfast tend to eat better overall, and are more likely to participate in physical activities - two important ways to maintain healthy weight.
- Breakfast can make you feel more energetic and focused for better performance at school or work.
- Research shows that children who eat breakfast get more fiber, calcium, iron, B vitamins and Vitamin D. They have fewer absences from school, and tend to have lower blood cholesterol levels.

A little planning can help you make sure that breakfast happens each day. Once you get into the habit, breakfast will become routine, and you won't want to miss it.

## Try these ideas:

- Get everyone up just 10 minutes earlier each day.
- Do as much as you can the night before; set out dishes and utensils, peel hard-boiled eggs, cut up fruit, etc.
- Stock your kitchen with grab-and-go foods like fresh fruit, yogurt cups, or baggies of cereal.
- Make food ahead, such as peanut butter sandwiches, oatmeal, or fruit muffins that can be frozen until needed.



[HealthyCarroll.org](http://HealthyCarroll.org)

Most public schools offer a low-cost, balanced breakfast. Contact your child's school for information.

No matter how hectic your mornings, be sure to make time for breakfast!

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# Breakfast Recipes for Busy Families

## ☀ Breakfast food choices

Keep it simple! Omelettes, pancakes, and French toast can be weekend treats.

Smart breakfast choices include two or three food groups. Try to include carbohydrates, protein, and fiber. Carbs are a source of energy to get metabolism going: think whole grain cereal, breads, muffins, fruit or 100% fruit juice. Protein helps your body maintain energy until lunch time. Examples: eggs, string cheese, yogurt, cottage cheese, nuts, or peanut butter. Milk has both protein and carbohydrates. Fiber helps you feel full, discourages overeating, and aids digestion. Find fiber in whole grains and fruits. Cereal is a good source of fiber if it has 3 or more grams of fiber per serving.

## ☀ Some bright ideas to get you started:

- Cereal topped with fresh or dried fruit, like bananas, raisins, or dried cranberries,
- Make plain instant oatmeal and add your own spices, fruits, or fruit preserves, top with chopped walnuts or sliced almonds,
- Layer yogurt with fruit and crunchy cereal for a parfait,
- Peanut butter on toast, English muffin, or a whole-grain toaster waffle,
- Stuff a whole-wheat pita with sliced, hard-boiled egg,
- Blend together milk or yogurt and fruit for a breakfast smoothie,
- Hard-boiled egg or string cheese and toast, or grilled cheese sandwich,
- Whole grain toaster waffles with lean ham or microwaved soy sausage,
- “Banana dog”: banana with peanut butter and raisins in a hot dog roll,
- Cottage cheese mixed with crushed pineapple, applesauce or fruit cocktail and a mini bagel,
- Mix together ready-to-eat cereal, dried fruits and peanuts for a morning trail mix.



## ☀ Food for thought

- Toaster pastries and breakfast bars are convenient and provide calories, but are sometimes high in sugar and fat. Compare labels to find bars lower in sugar and fat, and higher in protein and fiber.
- Check the Nutrition Facts label: 4 grams of sugar equals one teaspoon.
- To lower overall sugar content, mix sweeter cereal with lower sugar cereal in an airtight container.