



Timely Information for Personal Success

Four Steps to Raising Healthy Children

By *Tim Lencki*

Childhood obesity is at epidemic proportions. The percentage of overweight children in the U.S. is growing at an alarming rate, with 1 out of 3 kids now considered overweight or obese. Kids are spending less time being active, and more time in front of the television, computer or Xbox.

Since an overweight adolescent tends to become an overweight adult, the health implications on our children is serious. Medical issues such as hypertension, type 2 diabetes, heart disease, respiratory ailments, difficulty sleeping, and depression are grave.

As a parent you may ask, “*But what can I do?*” As a result, I’ve put together four tips for helping your child become more active in order to grow up healthy:

1. You must be a positive role model. As a parent, you need to apply healthy habits yourself. Convincing your children to become more active is a lot easier when you “practice what you preach.” Live the life that you advocate, show them that being active can be fun, and chances are that they will follow in your footsteps.

2. Encourage your family to be active together. It’s important to plan times when the entire family can get involved with activities such as bike rides, nature hikes, camping, outdoor games, ice skating, sledding, or even just going to the park. Everyone benefits from the exercise and time spent together.

3. Reinforce activities that your children will enjoy. This may take some time. Allow them to experiment with different activities until they find something that they *enjoy*. This will help them stick with it! However, even when they find something they like, the activity may soon become boring — so you need to always be thinking ahead on new ideas to try.



continued on Page 2

Exercise Success: Process or Outcome?



John Maxwell says that, “*Success is a continuing thing. It is growth and development. It is achieving one thing and using that as a stepping stone to achieve something else.*”

Maxwell, a noted author, defines success in life as a process and not an outcome. There are many similarities to the way you should approach exercise. Exercise should be viewed as a journey taken one step at a time. We go through ups and downs in life, but it’s through the tough times that we become stronger and better equipped to persevere — both in life and with exercise. Think of “downs” as mileage

continued on Page 2



CLIP-N-SAVE!

www.foodfit.com

Healthy Recipe: Apple-Cranberry Oatmeal

INGREDIENTS:

- 1 cup water
- 1/2 cup oatmeal
- 3 tablespoons chopped, tart apple
- 3 tablespoons dried cranberries
- 1 teaspoon brown sugar

NUTRITIONAL INFORMATION:

- Calories per serving: 266
- Protein: 7 g.
- Carbohydrates: 54 g.
- Sodium: 3 mg.
- Fat: 3 g.
- Fiber: 7 g.

Serving size: about 1 cup

DIRECTIONS:

- 1 Combine the water and oatmeal in a small saucepan.
- 2 Add the apples and cranberries and cook, stirring occasionally, over medium heat for 7 minutes.
- 3 Spoon into a serving dish, sprinkle with the brown sugar. Serve warm.



LifestyleTIPS®

2010° Impact Publications, Inc.
PO Box 322, Waupaca, WI 54981
Phone: 715-258-2448
Fax: 715-258-9048

Website: www.impact-publications.com
Email: info@impacttrainingcenter.net

Publisher: Jennifer Heisler
Health Consultant: Tim Lencki
Managing Editor: Mike Jacquart

LifestyleTIPS® is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized, color version of LifestyleTIPS® with the name of your EAP, call 715-258-2448 or email us at info@impacttrainingcenter.net. Pricing will vary depending on the quantity ordered.

Questions and Answers Negative Calories and Eating Out

Q: Is there such a thing as negative calorie foods?

A: No study has proven that the total number of calories it takes to eat a given food item is greater than the calories contained in the food itself. The concept doesn't even make sense...why would we eat a food that gives us negative energy? That being said, it IS important to include low-calorie foods in your healthy eating plan — especially if you're trying to lose weight.

Q: How can a person eat healthy when dining out at restaurants?

A: For one thing, many people who are dieting skip right to the entree without even considering an appetizer. They believe they're eating less when, in fact, going straight to the main course when hungry may actually cause you to consume more calories. In order to reduce the total calories eaten, try starting with a healthy appetizer such as fruit, melon, steamed seafood, broth-based soups, or a small veggie tray. Take the rest of the main course home for another meal. In addition, try to avoid foods that are fried or breaded whenever possible.

- Tim Lencki

Four Steps to Raising Healthy Children

continued from Page 1

4. Limit time spent watching TV and playing video games. These types of "activities" lead to a sedentary lifestyle. Another problem with these types of functions is that kids tend to snack too much while playing games and watching TV. Consider limiting "screen time" to 1-2 hours each day.

Summary

Helping children become more active is critical to their long-term health. Being healthy and fit will boost their self-esteem, and allow them to better cope with life issues. *You* need to offer the support and encouragement that guides them to achieving this goal. ❖

Tim Lencki, MS, CSCS, is a strength and conditioning specialist and author of "Fitness One Day at a Time," and a new bookette® series for active lifestyles. Visit Tim's website at www.thefitnesseducator.com.

Exercise Success: Process or Outcome?

continued from Page 1

markers — with every one you know that you're moving. You move forward because you learned that something didn't work — so you avoid it the next time.

Adelle Davis noted, "As I see it, every day you do one of two things — build health or produce disease in yourself." I like this quote because it reminds us that each day and workout — or lack thereof — makes a difference. Daily progress and accomplishments create a feeling of success, which breeds growth and positive change.

Avoid focusing on "the destination," such as losing weight for the wedding or class reunion. You'll find more success in exercise if you focus on day-to-day accomplishments — something as simple as increasing the time spent walking or jogging by 5 minutes. Small accomplishments give you the motivation to keep going. Fitness should be something you practice each day...for a lifetime.

As you progress in your fitness journey, you will develop discipline, form healthy habits, and create change in your life that will have a positive impact on your family, friends, and personal life. Start your journey today. ❖

— Tim Lencki