



MARCH Dates to Remember

Dress in Blue Day (4th) *Colon Cancer Awareness

National School Breakfast Week (7th-12th)

National Kick Butts Day (23rd)

National Nutrition Month

Health Links Of The Month

Free Weight loss and Diet Journal
www.fitday.com

My Life Check
<http://mylifecheck.org>

Colon Cancer Alliance
www.ccalliance.org

Fuel Up To Play 60
school.fueluptoplay60.com

Eat Right
www.eatright.org

School Nutrition
www.schoolnutrition.org

Teen Driving
www.teendriving.aaa.org

Stop Corn Sugar Now
www.stopcornsugarnow.com

Kick Butts Day
www.kickbuttsday.org

Coordinated School Health

Prepared Exclusively for Employees of Oak Ridge Schools

www.ortn.edu/CSH

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MARCH 1, 2011

RMS Students Present to Knox Area Coalition on Childhood Obesity

ON February 24, the RMS iTeam presented their Informational Spoken Word Poem, "Childhood and Adolescent Obesity" at the annual luncheon for the Knox Area Coalition on Childhood Obesity at the Foundry in Knoxville. The students received much applause and were complimented by keynote speaker Hallerin Hilton Hill from Newstalk 98.7 and WBIR TV "Anything is Possible."

The First Lego League was asked through the 2010 Body Forward Challenge to explore the world of Biomedical Engineering. The RAMS iTeam chose to focus on Childhood and Adolescent Obesity due to RMS itself currently having a

26% obese population. After consulting with several professionals in the field of health and fitness, the team developed their Spoken Word Poem and created a video presentation and posted it to youtube. The team also developed "iMovies" based on the curriculum tool for physical activity within the classroom called Take10! and tested its effectiveness at one Oak Ridge Elementary School.

The video can be seen at www.youtube.com/watch?v=bLmiMJ2t1uU



RMS iTeam poses with Hallerin Hilton Hill at the Knox Area Coalition on Childhood Obesity Annual Conference.

Robertsville WRAM "Nutrition Notes"



"Nutrition Notes" is a weekly feature on WRAM, the school produced TV segment for daily announcements at Robertsville Middle School. Two eighth grade students, Daren Alami and Blair Beeler put on colorful hats and perform the TV spot for "Nutrition Notes." The segments have discussed the Food Guide Pyramid, portion size, and the need for healthy food selections as well as the importance of staying active.

One recent topic was "vegetarianism" and Mr. Smith, the school librarian, guest starred as the beloved "Fluffy" the puppet. Fluffy answered some questions about the choice to be vegetarian.

Daren and Blair are students in Mrs. Janice Ford's elective Teen Living class and she prepares the weekly dialogue/ script for the team. Mrs. Ford said that she has been approached by teachers and students that the "hat girls" are doing a great job and that the information they present is very informative. "Nutrition Notes" is typically presented on the Tuesday morning edition of WRAM.



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Add-on Rates

- * **\$19.95 for 2nd member**
- * **\$10.95 for any other add-ons.**

*Membership grants access to all Court South and National Fitness Locations.

Contact Georgy Furman @
483-6868 or
gfurman@courtsouth.com

Flavor Your Meals Without Salt

Eating too much salt is linked to high blood pressure, and many Americans eat more than the recommended amount of salt. If you're having trouble shaking the salt habit, here are a few ideas to give your food a flavor lift without adding salt:

Adding chili peppers or hot pepper sauces can spice up any meal.

Add a spark of flavor to sauces, soups and salads with vinegar, such as herbed, balsamic, wine or rice vinegar.

Add a salt-free herbal blend.

Get more information on ways to reduce sodium in your diet at www.eatright.org.

10 Tips to Help You Eat Whole Grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Make simple changes

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread.

Adding Snacks

Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

Leftovers

Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

Add to Meals

Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casseroles or stir-fries.

Switch your Pastas

For a change, try brown rice or whole-wheat pasta like spaghetti or macaroni.

Bake with Whole Grains

Substitute whole-wheat or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes.

Look at the Ingredients

Choose foods that name one of the following whole-grain ingredients **first** on the label's ingredient list: "brown rice," "bulgur," "graham flour," "oatmeal," "whole-grain corn," "whole oats," "whole rye," "whole wheat," or "wild rice".

Control your Weight

Eating whole grains give you more fiber which keeps you fuller longer which can be helpful in controlling weight.

Shop Smart

A food's color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.





Pilates

Mondays 6:40PM

Put on some comfortable clothes and join us for the *Pilates* sponsored by Methodist Medical Center. Please bring a mat and a couple of blankets, throws or towels. We meet in the Family Life Center at First Baptist Church, 225 N. Main St., Clinton. The cost is \$3 per person, per class. 1st class is free.

ZUMBA Cardio Dance Fun

Mondays, 5:30PM

Get fit and have a blast at the new ZUMBA classes sponsored by MMC. They meet in the First Baptist Church of Clinton's Family Life Center, 225 N. Main St., Clinton. The cost is \$3 per class, but the first class is free.

Bodyworks

Bodyworks, a community exercise program sponsored by Covenant Health, is designed to give adults a safe and effective workout. Classes are designed for various fitness levels and therefore, the intensity and design ranges from easy to moderately hard. While it is not a for-profit program, there is a minimum fee to help offset costs. Most classes are \$2-3 per class, and you pay as you go. For details, go online to www.covenanthealth.com/bodyworks.

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The Sugar Challenge: Cut Sugar for Weight Loss

If you are trying to lose weight one of the best things you can do for yourself is to cut out any added sugars in your diet. Added sugars can be found in a variety of foods you eat from sodas, sugary beverages and coffee drinks, packaged cereals, granola bars, sweets such as candy and cookies, and many other foods you eat on a daily basis.

Ideally for women, you should limit your added sugar intake to **100 calories/day**, or 25 grams/day, and for men, **150 calories/day**, or 37 grams/day. You'll be amazed at how quickly this can add up!

So are you ready to take the challenge? If so log your sugar intake for 3 days to see where you are at, and then start making steps to cut the added sugars out of your diet.

Ways to do that?

- Opt for water and unsweetened beverages over sodas, fruit juices, and sugar laden coffee drinks.
- Choose fresh fruits, veggies, and nuts as snacks instead of packaged foods.
- Limit processed foods (pre-packaged, boxed and frozen foods) such as sugary cereals, granola bars, oatmeal packets, and sweet treats that are all loaded with sugar.
- Read ingredients labels. If the first three ingredients are some form of sugar watch out! Sugar comes in many forms such as corn syrup, molasses, things ending in -ose (dextrose, fructose, sucrose, maltose), sorbitol, brown sugar, and corn sweetener.

Information provided by Fox Fitness

For more information visit www.foxfitness.com or call Becky at 865-243-5361

Interested in a Boot Camp? Becky Fox conducts weekend Boot camps all over the Knoxville area. Contact Becky or the CSH Office to join in!

Enjoy Your Meal & Health Benefits

When you eat slower, you get more of an opportunity to savor each bite. But did you know that eating slowly may also help with weight control?

It takes about 20 minutes for your brain to register that your stomach is full. So if you're eating slowly, it's more likely that you'll recognize these signals. Slow eating also allows you time to enjoy the flavor and texture of foods, as well as the company of family and friends around the table.

Here are ideas for eating slowly and picking up on your hunger cues:

- Between each bite, put down your fork or spoon.
- If you're not a pro at eating with chopsticks, learn how. Use of chopsticks encourages slow eating.
- Chewing thoroughly will slow down how fast you eat and will ease digestion.
- Savor the flavors, aromas and textures of foods. It's more than just fuel for your body.
- Enjoy conversation and social time. Talk about anything – even the flavors of foods.



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