# IN AND OUT.



This school year, we've made a lot of changes to make our meals even healthier for you -- offering more of the healthiest fruits and veggies, cutting sodium, adding even more whole grains, and further reducing saturated fat, among other changes. These are all excellent ways to help keep our diets healthy. But living healthy is not just about eating healthy. Wellness is a balancing act -- and the calories that you PUT IN are only one part of the balance. The calories that GO OUT -- through exercise and activity -- are just as important!

All of us need daily physical activity to complete the equation. Whether your favorite way to burn calories is biking, hiking, running, walking, swimming -- or even rugby! -- try to get some kind of exercise EVERY DAY. Pay attention to the calories that go in and work on the ones that go out, and you'll definitely live healthier!

## the big number

# 443

A 155-pound person walking four and a half miles in an hour -- a very brisk walking pace -- will burn 443 calories.

## EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

## WELLNESS IS A WAY OF LIFE!™

*This newsletter is provided as a wellness resource by the SBLC Food, Nutrition, and Wellness Program.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "IN AND OUT"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### TOMATOES



Tomatoes have been shown to promote heart health and lower "bad" LDL cholesterol. Recently, one substance in tomatoes, known as lycopene, has been shown to promote healthy bones, as well.

## LEARN EASIER




Word games and number puzzles, played in the real world or electronically, are a good way to keep the mind sharp during the summer -- without feeling like you're still doing homework!

## PLAY HARDER



Up for some serious exercise this summer? Play some basketball. An hour of competitive hoops burns up to 700 calories. Shooting baskets for an hour burns as many as 500. And an hour of wheelchair basketball burns up to 600 calories.

## LIVE HEALTHIER

Boneless and skinless chicken thighs and breasts are lower in fat and calories than red meat, and they're delicious grilled! Simple, too -- just brush the birds with olive oil and sprinkle with salt and pepper, then grill with the lid closed until they reach 160 degrees internal temperature. Then brush with BBQ sauce, close the lid, and cook for 3 more minutes. For a quick homemade BBQ sauce that you don't need to cook, combine a cup each of brown sugar and ketchup, a half cup each of cold water and red wine vinegar, a tablespoon each of paprika, Worcestershire sauce, and ground mustard, and a little salt and pepper. Grill some veggies to finish off the plate!



***Throughout this school year, we've been using our menu and this newsletter to tell you more about the new USDA regulations for school lunch. We'll be back in the fall to keep you up to date about how we plan our lunches and to tell you about new school breakfast regulations that will go into effect next school year.***






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