



OF THE ARCHDIOCESE OF NEW YORK  
A DIVISION OF CATHOLIC CHARITIES COMMUNITY SERVICES

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

## NUTRITION KNOWLEDGE

### SPOTLIGHT ON: PHYSICAL ACTIVITY

EXERCISE ISN'T JUST FOR GROWNUPS! KIDS OF ALL AGES NEED EXERCISE TOO. IT PROVIDES BENEFITS FOR YOUR BODY BUT ALSO YOUR MIND TOO. STUDIES HAVE SHOWN THAT WHEN KIDS ARE ABLE TO BE PHYSICALLY ACTIVE, IT ALLOWS FOR THEIR MINDS TO PROCESS AND ABSORB MORE INFORMATION AND HELPS WITH FOCUS AND ATTENTION SPAN! WHAT'S GOOD FOR THE BODY IS GOOD FOR THE MIND! FIND SOMETHING THAT YOU LIKE TO DO, RUN, WALK, BIKE RIDE, HIKE, SWIM, A TEAM SPORT AND AIM FOR 30 MINUTES OF PHYSICAL ACTIVITY A DAY!

### HEALTHY FOOD SWAP:

DITCH THE POTATO CHIPS AND INSTEAD MAKE YOUR OWN BAKED VEGETABLE OR FRUIT CHIPS. USE KALE LEAVES, THINLY SLICED ZUCCHINI, OR THINLY SLICED SWEET POTATOES LIGHTLY TOSSED IN OLIVE OIL AND BAKED IN THE OVEN FOR APPROX 7 MINUTES. (ALSO, SEE BELOW RECIPE FOR CARROT FRIES). OR TRY SLICING THIN APPLE RINGS AND BAKE IN THE OVEN UNTIL GOLDEN BROWN. YOU WILL GET A HEALTHY DOSE OF FIBER, VITAMINS AND MINERALS WITHOUT THE ADDED SODIUM AND SUGAR FROM THE STORE BOUGHT CHIPS.

### FOOD VS. EXERCISE:

A PUMPKIN MUFFIN (APPROXIMATELY THE SIZE OF YOUR FIST) IS 550 CALORIES THAT IS 60 MINUTES OF BIKE RIDING OUTSIDE OR 45-MINUTES IN AN INDOOR SPIN CLASS.

### KIDS KORNER:

HOPEFULLY KIDS ARE ACTIVE THROUGHOUT THE DAY BUT LET'S NOT FORGET TO KEEP THEM MOVING WHEN THEY'RE DONE WITH SCHOOL. A FAMILY WALK BEFORE DINNER IS A GREAT WAY TO GET BOTH OF YOU MOVING AND SPEND SOME QUALITY TIME TOGETHER.

### TEEN TRACK:

EXERCISE IS ALWAYS MORE FUN WITH A FRIEND...OR MORE! SO GRAB SOME FRIENDS AND JOIN A SPORTS TEAM (SOCCER/BASKETBALL/ FIELD HOCKEY/TENNIS), OR A KARATE CLASS, OR FIND A DANCE CLASS AT THE LOCAL GYM AND MAKE IT A PERMANENT PLAN TO EXERCISE TOGETHER. JUST REMEMBER TO HYDRATE WITH WATER!

### CARROT FRIES (THE PERFECT SNACK OR SIDE DISH) (2 SERVINGS)

#### INGREDIENTS:

**4** MEDIUM CARROTS, **2** TEASPOONS OLIVE OIL, PINCH OF SALT, BLACK PEPPER TO TASTE

#### DIRECTIONS:

SLICE 4 WHOLE CARROTS IN HALF, LENGTH-WISE. THEN SLICE EACH HALF INTO 4 PIECES, LENGTH-WISE SO YOU HAVE 32 CARROTS STICKS TOTAL. TOSS THE STICKS WITH 2 TSP OLIVE OIL AND A SPRINKLE OF SALT. SPREAD EVENLY ON A BACKING SHEET AND BAKE AT 400 DEGREES FOR 20 MINUTES (UNTIL GOLDEN BROWN AND SLIGHTLY CRISPY), TURNING ONCE. SERVE WITH KETCHUP, MUSTARD, OR HUMMUS.

#### GET MOVING:

PLAN A FAMILY HIKE OR POWER WALK DURING WEEKEND MORNINGS IN THE FRESH, BRISK FALL AIR. IT'S GREAT WAY FOR THE WHOLE FAMILY TO SPEND SOME TIME TOGETHER AND HIT THOSE 30 MINUTES OF PHYSICAL ACTIVITY BEFORE IT GETS TOO COLD OUTSIDE.

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