



Serve Up a Healthier You

North Carolina Child Nutrition Services
Staff Wellness Toolkit
Newsletters

It's All About Balance: Eat Smart and Move More

Today's 24/7 lifestyles can leave many of us stressed out. Managing the stress can be made easier when we eat smart, move more and rest well. You can't get the benefits of one without the others.

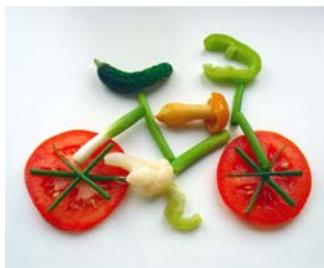
Here are a few easy ways to live better and feel better:

- **EAT SMART:** Build your healthy eating style on a foundation of balanced meals. Any smart meal starts with healthy servings of colorful fruits and vegetables, adds the goodness of whole grains, and includes the power of protein. Smart eating deserves better beverages - so drink milk with your meals and water with snacks.

- **MOVE MORE:** The key to getting active and staying active at any age is enjoyment. When you play hard and have fun, you are more likely to make physical activity an everyday habit. Both children and adults need plenty (adults - 30 minutes most days of the week, children - 60 minutes per day) of active playtime - biking, walking, dancing, swimming, skiing, rollerblading and general running around.

- **REST WELL:** Surveys indicate that Americans generally do not get enough sleep, which may contribute to a number of existing problems. Getting enough sleep (7 to 8 hours for adults, more for children)

helps with a healthy weight. For overall health, a good night's sleep is important for all of us.



Enjoy A Balanced Fitness Routine

Just like balanced eating involves different food groups, a balanced fitness routine includes several related elements. Optimal fitness develops when you include some activities from all four elements.

There is no need to do all activities every day of the week. In fact, rest is an important part of a balanced fitness routine. The goal for both children and adults is to include each fitness element at least a couple of times per week.

The key to success is to put **FUN** into every fitness activity. When you do physical activities that you enjoy, you are more likely to continue doing them.

- **Get your heart pumping with aerobic activities.**
- **Build up your muscles with strength activities.**
- **Keep yourself flexible with stretching activities.**
- **Maintain your core stability with balance activities.**

Low fat Turkey Chili

Makes 8 servings
Serving size: 1 cup

Ingredients

- 1 lb ground turkey
- 2 (10.75 ounce) cans tomato soup
- 2 (15 ounce) cans kidney beans, drained
- 1 (15 ounce) can black beans, drained
- 1 large onion, cut up in course pieces
- 2 tablespoons chili powder
- 1 teaspoon red pepper flakes
- ½ tablespoon ground cumin
- 1 dash ground black pepper
- 1 dash allspice

- 2 tablespoons grated semi-sweet chocolate (or finely chopped morsels)
- ½ tablespoon cinnamon
- salt to taste

Directions

1. Brown and drain ground turkey.
2. In slow-cooker, mix in turkey, tomato soup, kidney beans, black beans and onion. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, all spice, grated chocolate, cinnamon and salt.
3. Cover and cook for 8 hours on low or 4 hours on high.

Eat Smart and Move More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

1. Prepare and eat more meals at home.
2. Tame the tube.
3. Choose to move more every day.
4. Right-size your portions.
5. Re-think your drink.
6. Enjoy more fruits and vegetables.
7. Breastfeed your baby.

A Message from the Child Nutrition Program Staff Wellness Initiative

For more resources and information on staff wellness:

- Talk with the cafeteria manager at your school.
- Contact the Child Nutrition director for your school system.
- Consult the Child Nutrition staff wellness committee.
- Check out Resources for Schools at www.nutritionnc.com.



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Some ideas adapted from www.eatrightmontana.org