

5 2 1 0 ON THE GO

Proven for Kids. Recommended for Adults.



HINTS FOR HOLIDAY STRESS

The winter in the Pacific Northwest can be a challenge through these few months, and the holidays can add to the stress. Staff social worker, Suzanne Baxter, offers a few quick suggestions for keeping things running smoothly.

- * Stick with what works, don't be afraid to repeat traditions and keep routines each year
- * Share the load—the family will be more invested in the activity if they are involved in planning
- * Stir in healthy touches & balance holiday celebrations without dramatic restrictions

DID YOU KNOW?

A regular, grande peppermint mocha from a coffee chain packs 410 calories with 54 grams of sugar.

A non-fat, no-whip, short peppermint mocha compares at 140 calories with 26 grams of sugar.



What a difference!

RECIPE: A HEALTHIER GINGERBREAD HOUSE

Cooking projects are a great way to get the kids involved in making healthy food choices, not to mention increase their math, logic, and fine motor skills. But let's face it—if it's not fun, the kids probably won't stick around for long. Here is a twist on a traditional activity, perfect for the season!

Step 1) Break apart whole grain toast or crackers of choice (or make gingerbread dough from scratch!) to desired size for house sides, roof, and yard.

Step 2) Stick your house together, starting with sides, using peanut butter, cream cheese, or other spread. This is a messy step kids love!!! Feel free to spread the entire roof so you can add "shingles" later. Go crazy!

Step 3) Let your artistic side come out as you decorate your house however you want! See our list of suggested healthier options to try.

Step 4) Eat and ENJOY! (Cream cheese house will need to be refrigerated and may fall apart quickly)

Suggested Toppings:

- Dried Berries/Fruit such as banana chips, raisins, cranberries, and apples
- Dried Coconut (it makes great snow!) - Pretzels - Nuts - Cereal



* Ideas and picture courtesy of Kimberly Stoney at the tiny funnel

Breakfast Is Best!

Boost your energy and brain power!

Why eat breakfast every day?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!

Not hungry in the morning? Start small... try:

- a cup of low fat fruited yogurt
- a piece of fruit such as a banana, orange or apple
- a bowl of cereal with low fat milk
- a slice of toast with peanut butter and a glass of low fat milk

Keep it simple, but keep it delicious! You may like:

- > oatmeal with cinnamon, apple-sauce, a glass of low fat milk
- > a waffle or pancake with light syrup and blueberries
- > an English muffin with a slice of ham, egg and low fat cheese
- > a low fat raisin bran muffin, glass of low fat milk and a banana



Try a variety of
healthy foods!
Find the ones
YOU like!

- half of a toasted English muffin with a slice of low fat cheese
- trail mix of raisins, nuts and cereal



WALK OF THE SEASON!

The Holiday Hustle!



Get out and explore the sights, sounds, and smells of the holidays. Spend time with your family and the community as you explore different areas around your homes. Make a game of favorite yard, most inflatable decorations, or best 12th Man Fan display.

Isn't much going on within walking distance? Look into businesses or free public events going on within the community. Many towns are holding craft fairs, farmers' markets, and light shows.

GIFT LIST

Are there a few people on your list that you're not sure what to get? Take the opportunity to find items that your family can enjoy together—here a few ideas to keep an eye out for...

- Equipment from second-hand sport stores, such as miniature trampolines, footballs, and gear
 - Jump Ropes
 - Board Games (less video games)
 - Fun Kitchen Supplies
 - Family Activity or Vacation
- Donations for Families or Organizations in Need

TRAVELING TIPS

Many families will be traveling over the next couple months but fear not - there is still hope to make healthy choices! Whether family is coming in to your house, you're traveling out or you're keeping the holidays quiet, keep these tips in mind.

If you have family visiting:

- * Make sure you still take time for you; physical activity helps lower stress and keep emotions under control—the family will appreciate it
- * Bring the whole family out for a group activity, such as ice skating, touring a festival
- * Eat a healthy family meal together—take suggestions and try something new!



If you are traveling by airplane:

- * Take the stairs when available
- * Walk around while you're waiting for flights and carry your bags - you can even take it up a notch and perform bicep curls with smaller bags

If you are traveling by car:

- * Pack healthy food—it's convenient and cheaper than fast food
- * Stop for food at grocery stores—there is more variety so less chance of the family fighting over the picking the restaurant
- * If you stop at a restaurant, consider splitting meals so you don't get stuck with leftovers
- * If you do stop at fast food, order small portions and add healthier sides such as water, milk or apple slices.

TIME-SAVING TIP!

We all feel the pressure build-up during the holidays—and the time just flies by! Save your family time this season and still get healthy meals on the table by using a little meal preparation ahead of time.

Cut fresh fruit and vegetables then pack into individual storage containers or plastic bags. Food can be stored ready-to-use in the refrigerator or freezer until you need it—no more preparation required! Store the healthy, fresh items up close where you're more likely to see them, therefore more likely to use them.

Use these pre-packed containers to quickly add more vegetables or fruits to meals, or grab them for on-the-go-snacks!



Fun Around Town

December Events

12/6 FREE Parents' Night Out for
Military Families @ the Children's
Museum of Tacoma

12/6 Roger's Reindeer Run in Puyallup

12/6-7 Mary Bridge Children's Hospital
& Health Center, Festival of Trees



12/24 Jingle Bell Run in Tacoma

Ongoing Events:

Farmers' Markets

Parents' Night Out @ CMT

Polar Plaza Ice Skating

January 2015

1/1 FREE First Mile Run &

Polar Bear Plunge at Point Defiance

December 2014

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2015

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

READY, SET, GO!



Resources

To receive this newsletter by email,
contact us at: 5210@multicare.org

For more tips, tools, and information:
5210
www.multicare.org/marybridge/5210

Pediatric Weight & Wellness
www.multicare.org/marybridge/pediatric-weight-wellness