



**CONTINENTAL SOCIETIES INC.**

**Greater Miami Chapter**

In Partnership with

**FRANK C. MARTIN K-8 CENTER**

**"GET FIT FOR LIFE"**

**BOOT CAMP**

**MIND**

**BODY**



**SOUL**

**WORK OUT JOURNAL**

**2011-12**

# Why ? Get Fit for Life...

The concept of Get Fit for Life was birthed by then 5th grader Parmie E. Dean in the Spring of 2010... This is her story.

I first thought about an idea that personally affected many of the people that I know. So I chose Childhood Obesity. I first went to Mrs. Pamela Brown, the Head of School and we discussed the action plan that I made and shared with her that I wanted to do a boot camp at Frank C. Martin for students in the 4<sup>th</sup> and 5<sup>th</sup> grade. I wanted this to be something that the students volunteer to join after school. She told me that it was a good idea for my 5<sup>th</sup> grade exhibition project. I told her that I had talked to Big James Henderson, the five time world champion power lifter, who said that he would be the camp trainer. Mrs. Brown said "excellent" but I had to make sure that Big James was a cleared volunteer.

While I waited for his clearance, Mrs. Brown said that I would need a teacher sponsor. This was really easy for me, so I chose Mrs. Sheila Brennen, my 4th grade teacher, and I'm glad that she said "yes". I came up with the name Get FIT for Life Boot Camp because I wanted this to be a new beginning for everyone. The next thing that I did was I made a permission slip asked all my friends to look and see if they liked it and they did so I made a registration form and calendar. Mrs. Brown approved everything, so I was able to start. So we made copies and sent a copy of the permission form, registration form and calendar home with every 4<sup>th</sup> and 5<sup>th</sup> grader. We had decided that the boot camp would be afterschool from 3:10 to 4:10pm.

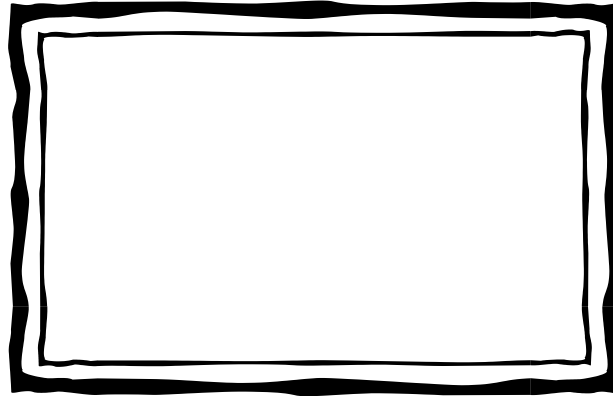
We did add two more things to the Boot Camp. The first was that I made each of the campers a journal so that they can write in their journal information about the camp and how they feel and what they liked and learned. The other thing is that they each have to choose a healthy snack and bring it in and share why they chose that snack.

So look at us now after all this work starting boot camp on April 1, 2011 every Monday and Friday and we are ending May 20, 2011 so and with nearly 30 kids I partnered with Continental Societies, Inc. Greater Miami Chapter to bring snacks and hopefully we are able to do it next year even though it only for the 5<sup>th</sup> grade exhibition project. I like to do things out of the box. I hope that this is a project that will branch out to other schools and help more kids to "Get FIT for LIFE"

*~Parmie Dean*



# It's All About ME!



NAME: \_\_\_\_\_

## MY GOALS FOR THE "GET FIT FOR LIFE" BOOT CAMP

---

---

---

## MY PERSONAL INFORMATION:

How Tall Am I

How Much Do I Weigh

\_\_\_\_\_ ft \_\_\_\_\_ in

\_\_\_\_\_ lbs

My Measurements:

\_\_\_\_\_ Bust/Chest

\_\_\_\_\_ Waist

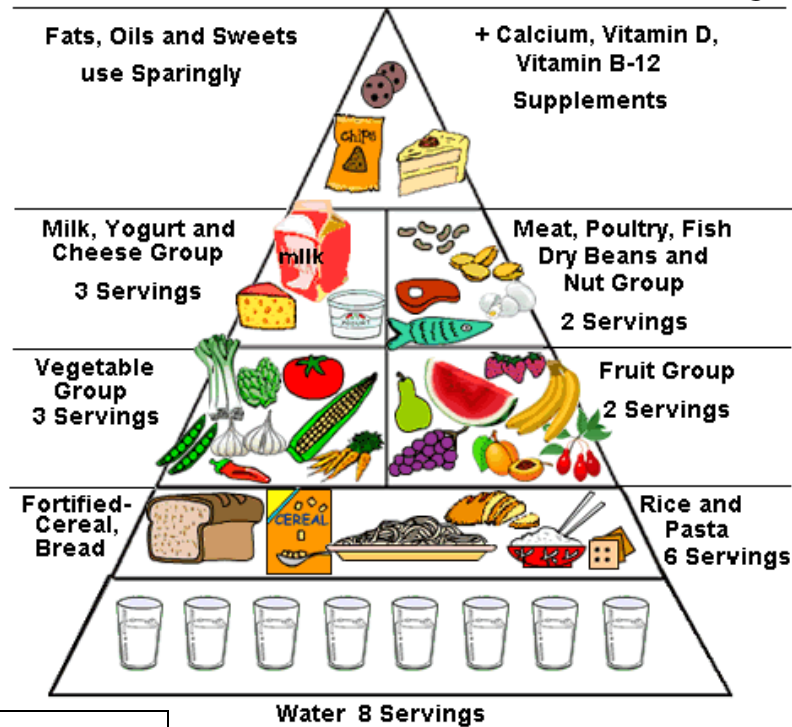
\_\_\_\_\_ Hips



# FOOD PYRAMID

## "Create Better Eating Habits"

*Steps to a Healthier YOU!*



### GRAINS

**Make half your grains whole**

Eat at least 3 ounces of whole-grain cereals, breads crackers, rice, or pasta everyday



### FRUITS

**Focus on fruits**

Eat a variety of fruit. Choose fresh, frozen caned, or dried fruit. Go easy on fruit juices

### VEGETABLES

**Vary your veggies**

Eat more dark green veggies like BROCCOLI, SPINACH, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

### MILK

**Get your calcium rich food**

Go low fat or fat-free when you choose milk, yogurt, and other milk products. If you don't or can't consume milk, choose lactose-free product or other calcium sources such as fortified foods and beverages.

### MEAT & BEANS

**Go Lean with protein**

Choose low-fat or lean meals and poultry. Bake it, broil it or grill. Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.

# 10 tips

MyPyramid

Nutrition Education Series

## focus on fruits

### 10 tips to help you eat more fruits



**Eating fruit provides health benefits.** People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

**1 keep visible reminders**  
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

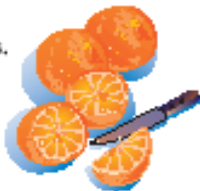


**2 think about taste**  
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits for a sweet effect in a recipe.

**3 think about variety**  
Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.



**4 don't forget the fiber**  
Make most of your choices whole or cut-up fruit rather than juice, for the benefits that dietary fiber provides.



**5 be a good role model**  
Set a good example for children by eating fruit every day with meals or as snacks.

**6 try fruit at breakfast**  
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.



**7 try fruit at lunch**  
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

**8 try fruit at dinner, too**  
At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.

**9 snack on fruits**  
Dried fruits make great snacks. They are easy to carry and store well.



**10 keep fruits safe**  
Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.



# 10 tips

MyPyramid

Nutrition Education Series

# cut back on sweet treats

## 10 tips to cut back on added sugars



**Cut back on buying foods and beverages with added sugars.** If you don't buy them, your kids won't get them very often. Eating too many sweet treats can contribute to tooth decay and overweight. So, it is important for kids, and adults, to limit eating sugary foods and drinks.

### 1 serve small portions

It's not necessary to get rid of all sweets and desserts. Instead, teach your child that a small amount of sweets or a treat can go a long ways. Use smaller bowls, plates, and utensils for your child to eat with. Children can practice serving from small bowls as you help them.

### 2 skip the soda

Soda is high in calories and contains a lot of sugar. Skip the store's soda or sweetened beverage aisle completely. Remind your child that you've already picked out a juice together. Make fresh fruit smoothies together by blending fresh or frozen fruit with fat-free or low-fat milk and yogurt or 100% juice.



### 3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy or gum that is right in front of their faces to tempt them.

### 4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs or non-food items, like stickers, to make them feel special.

### 5 offer fruit for dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) as a healthy option instead of high-fat desserts.



### 6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Try making nutritious foods fun by preparing them with your child's help and being creative together. Make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth. Or, cut fruit into fun and easy shapes with cookie cutters.

### 7 encourage children to invent new snacks

Make your own trail mixes from dry cereal, dried fruit, and nuts or seeds. Provide them with a table full of fresh and nutritious foods, and allow children to pick and choose what they want in their "new" innovative snack.



### 8 name a food your child helps make

Serve "Dawn's Salad" or "Peter's Sweet Potatoes" for dinner. The food will be nutritious and your child will be proud of the meal he or she helped create. They will also be more willing to try new things if they get involved in meal planning.

### 9 play with food

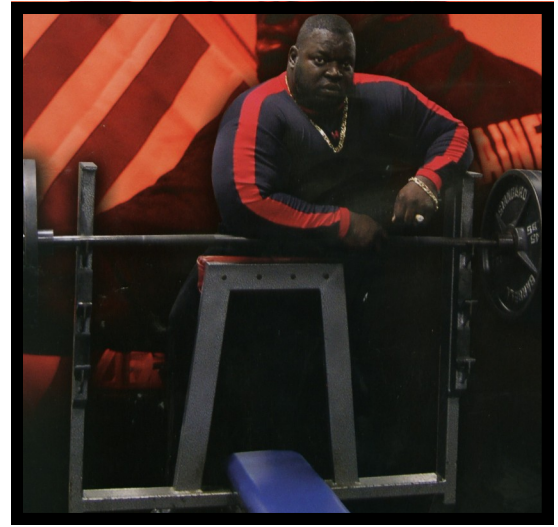
Let your child make towers out of whole-grain crackers or make funny faces on plates with pieces of fruit.

### 10 if meals are not eaten, kids do not need "extras"

Candy or cookies are not replacements for foods not eaten at meal times.

# BIG JAMES

## Fitness Tips



**There are three essential parts of “Getting Fit” -  
Diet, Exercise and proper rest.**

Fruits and Vegetables

Replace a glass water for a your “juice”

Balance meals

### Exercise

**To start:** choose 4-5 exercises such as - bodyweight squats, jumping jacks, pushups (you can do them against the wall instead of on the ground if necessary), jump squats (squats with a jump at the top), burpees (basically jump squats combined with pushups), dips, lunges, side lunges, wall climbers, pullups, jump roping, jogging in place, bicycle crunches.

---

### Exercise Makes Your Heart Happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you are doing aerobic exercise, you may notice you are breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job - delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), in-line skating, soccer, cross-country skiing, biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

# RECIPES

## PIZZA

**Prep time:** about 15 minutes

**INGREDIENTS:**

- 1 standard-sized bagel, cut in half
- tomato sauce
- shredded mozzarella cheese
- toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)
- seasonings like oregano, basil, and pepper

**UTENSILS:**

- oven (you'll need help from your adult assistant)
- knife (you'll need help from your adult assistant)
- baking sheet

**DIRECTIONS:**

1. Preheat the oven to 325° F.
2. Spread tomato sauce on each bagel half.
3. Sprinkle the shredded cheese all over the tomato sauce on each half.
4. Add your favorite toppings.
5. Put a light sprinkling of seasonings on each half.
6. Put your bagel halves on the baking sheet.
7. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.
8. Let cool for a minute, then enjoy your tiny pizzas!

**Serves:** 1



## FROZEN YOGURT POPS

**Prep time:** about 1 to 2 hours

**INGREDIENTS:**

- 1 8-oz. container of your favorite flavor of yogurt

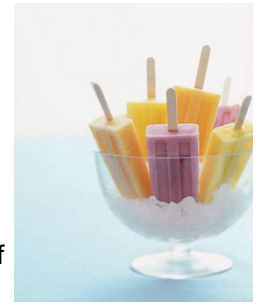
**UTENSILS:**

- small paper cups
- wooden popsicle sticks (available in craft stores)
- plastic wrap

**DIRECTIONS:**

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

**Serves:** 3 to 4 **Serving size:** 1 pop



## FABULOUS FRENCH TOAST

**Prep time:** about 15 minutes

**INGREDIENTS:**

- 1 egg
- 1/4 c. milk
- dash of vanilla extract
- 1 tbsp. margarine

- 2 pieces of bread

**UTENSILS:**

- medium-size bowl
- Mixing spoon
- Frying pan
- Stove (you'll need help from your adult assistant)
- Measuring cups and spoons
- Spatula
- Serving plate

**DIRECTIONS:**

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

**Serves:** 2

**Serving size:** 1 slice





# RECIPES

## FUN FRUIT KABOBS

**Prep time:** 15 minutes

● **INGREDIENTS:**

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 c. dried coconut, shredded

**UTENSILS:**

- knife (you'll need help from your adult assistant)
- 2 wooden skewer sticks
- large plate

**DIRECTIONS:**

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.

**Serves:** 4

## CHICKEN SALAD & GREENS

**Note:** Here's a great way to use leftover chicken from last night's dinner. No leftovers? Buy a rotisserie chicken from the grocery store. Either way, get a grownup's help with the chopping and cutting.

**Prep time:** 5-10 minutes

**WHAT YOU NEED:**

- 1/2 cup plain, nonfat Greek-style yogurt
- 1/4 cup low-fat mayonnaise
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 large celery stalk, finely chopped
- 1/4 cup red onion, finely chopped
- 1/3 cup grapes, cut in half
- 2 cups leftover roasted chicken, chopped into 1/2-inch pieces
- 4 cups romaine lettuce, coarsely chopped

**EQUIPMENT AND SUPPLIES:**

- Mixing bowl
- Knife for chopping
- Bowls for serving

**WHAT TO DO:**

1. In a large bowl, combine yogurt, mayonnaise, salt, pepper, celery, red onion, grapes, and chicken.
2. Mix gently until everything is well coated in dressing.
3. Divide lettuce between four bowls.
4. Top each bowl with some chicken salad. Serve cold.

**Serves:** 4



# FUN HEALTHY FOOD HEALTHY FACTS

## Breakfast Can Be Fun

Carbohydrates provide much of the energy we use throughout the day. That's why it's so important to have a healthy breakfast. Typical healthy sources of carbohydrates include fruits, vegetables and whole-grain breads and cereals. If you want to have some fun with breakfast, try substituting some healthy sources of carbohydrates for unhealthy foods. For example, instead of sugary cereal, have some oatmeal, and add raisins or dried cranberries for flavor. Don't drink soda or flavored water with your breakfast. Instead, try a big glass of freshly squeezed juice.



## The Key Is Control

Many people think that eating healthy requires you to give up your favorite foods entirely, but the key to a balanced, healthy diet is control, not avoidance. So long as you limit your overall intake of such unhealthy foods as ice cream and deep-fried foods, eating fun foods now and again isn't going to hurt you. In fact, rewarding yourself occasionally is a good thing. If you don't, you increase the chances that you one day will abandon your healthy diet entirely because you are bored with it or tired of fighting cravings.

## Drink a Smoothie

Fruit smoothies are good sources of vitamins, minerals and phytonutrients, provided they contain fruit purée, yogurt, fruit juice or milk. Due to their convenience and portability, smoothies make great snacks between meals and for people on the go. If you're watching your calories, order a smaller size, and avoid smoothies that contain large amounts of sugar.

## Healthy and Fun Dining

Some people worry that going out to restaurants will be less fun if they're on a healthy diet. But by substituting foods prepared in a healthy manner for unhealthy menu items, you can eat healthy and still have fun on your night out. Order the meal you want but ask for the kitchen to cook it differently. For example, ask for your vegetables to be steamed instead of sautéed in butter. If the restaurant can't do this for some reason, ask the kitchen to serve you a half-sized portion, or ask for a container with your meal. Put half your food in the container and enjoy the rest later. Be sure to tip the staff for the extra work.



### Healthy Snack

Popcorn Orville Redenbacher's® Popcorn  
Has 0g Trans-Fat Per Serving!