

Warm Up Your Winter with Fitness

Being active is important all year round – especially during the winter months when you may be cooped up inside. Wintertime can bring holiday cheer but may also bring the temptation to overeat. Staying active and fit can help you to maintain a healthy weight and benefit your overall health.

If you find it difficult to think of activities to do when there is snow on the ground, use these easy and fun tips to keep yourself and your family active this winter.

Walk around the mall or supermarket – whether you are shopping for the holidays or buying groceries, take your time walking through the store. If you have a pedometer, clip it on and watch your steps increase.



Go Ice Skating – head to the local hockey rink or outdoor skating rink for a fun winter workout. Bring along a friend or the whole family.

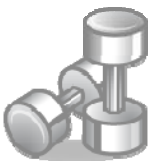
Take the Stairs – skip the elevator and increase your activity throughout the day.

Shovel Snow – clearing out your walkway or driveway gets several muscle groups moving.



Go Sledding – trudging through the snow and up the hills is a surefire way to burn calories. Make it a fun group activity by bringing your family and friends.

Join a Gym – ask a friend to be your gym buddy. This will help you both to stay motivated and can make workouts more enjoyable.



Add the Weights – if you find yourself warming up in front of the television, grab some water bottles or canned goods and give your arms a workout while you enjoy your favorite show.



Use a Workout DVD – pop in your favorite workout DVD to get your body moving. Invite a friend or neighbor over to join in and have a friendly competition.

If you aren't currently active, don't worry, increase your activity slowly and listen to your body. Begin by setting small goals for yourself and work on increasing the time and frequency of your activities. Remember that over time small changes can lead to big results!

December 2011 Staff a la Carte Menu Elementary Schools

Monday	Tuesday	Wednesday	Thursday December 1	Friday December 2
			Taco Salad \$4.00 442 calories Turkey Club Sandwich \$3.25 458 calories Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	Chicken Parmesan w/Pasta \$2.75 464 calories Tuna Stuffed Tomato \$2.50 141 calories Small Spinach Salad w/Dressing \$1.75 119 calories
December 5	December 6	December 7	December 8	December 9
Chipotle Chicken w/Rice & Vegetables \$2.75 249 calories Baked Potato w/Broccoli & Cheese \$2.50 427 calories Soup of the Day \$1.25 75-243 calories	BBQ Chicken Special Promo \$3.75 300 calories Taco Cheese Puff \$2.50 478 calories Soup of the Day \$1.25 75-243 calories	California Chef Salad w/Turkey \$4.00 389 calories Egg Salad on Rye \$2.25 278 calories Small Spinach Salad w/Dressing \$1.75 119 calories	Chicken Caesar Salad \$4.00 334 calories Tuna Stuffed Tomato \$2.50 141 calories Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	Taco Salad \$4.00 442 calories Fruit & Cheese Smart Snack \$2.50 317 calories Small Tossed Salad w/Dressing \$1.75 59 calories
December 12	December 13	December 14	December 15	December 16
Asian Chicken w/Rice & Vegetables \$2.75 357 calories Baked Potato w/Broccoli & Cheese \$2.50 427 calories Soup of the Day \$1.25 75-243 calories	BBQ Chicken Special Promo \$3.75 300 calories Tuna Melt \$2.50 317 calories Soup of the Day \$1.25 75-243 calories	Chicken Caesar Salad \$4.00 334 calories Grilled Cheese & Tomato on Rye \$2.50 300 calories Small Tossed Salad w/Dressing \$1.75 59 calories	Chef's Salad w/Tuna \$4.00 360 calories Turkey Club Sandwich \$3.25 458 calories Small Spinach Salad w/Dressing \$1.75 119 calories	Southwest Turkey Chef Salad \$4.00 257 calories Egg Salad on Rye \$2.25 278 calories Fruit & Cheese Smart Snack \$2.50 317 calories
December 19	December 20	December 21	December 22	December 23
BBQ Pork w/Rice & Vegetables \$2.75 294 calories Broccoli Cheese Puff \$2.50 375 calories Soup of the Day \$1.25 75-243 calories	BBQ Chicken Special Promo \$3.75 300 calories Baked Potato w/Chili & Cheese \$2.50 314 calories Soup of the Day \$1.25 75-243 calories	Chicken Caesar Salad \$4.00 334 calories Egg Salad on Rye \$2.25 278 calories Small Tossed Salad w/Dressing \$1.75 59 calories	Southwest Turkey Chef Salad \$4.00 257 calories Grilled Cheese & Tomato on Rye \$2.50 300 calories Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	Chicken Parmesan w/Pasta \$2.75 464 calories Tuna Stuffed Tomato \$2.50 141 calories Small Spinach Salad w/Dressing \$1.75 119 calories

WINTER BREAK

Classes resume on Tuesday, January 3, 2012

