



## Try These Healthy Snacks

- Make “ants on a log” (celery with peanut butter and raisins).
- Add fruit (fresh, frozen, dried or canned) to fat-free or low-fat yogurt. Look for canned, dried, and frozen fruit with no added sugars.
- Blend fruit and yogurt with 100% fruit juice to make a tasty smoothie.
- Top whole-grain crackers with low-fat cheese.
- Dip vegetable “matchsticks” (thin sticks made from fresh carrots, zucchini or bell peppers) in hummus.
- Top whole-wheat bread, rice cakes or apple slices with peanut butter.
- Melt low-fat cheese in a whole-wheat tortilla to make quesadillas. Try adding black beans for extra nutrition!
- Mix air-popped popcorn with dried fruit and unsalted nuts for homemade trail mix.
- Dip tortilla chips in salsa. Look for chips with less sodium.

— U.S. Department of Health and Human Services

## Point Your Children in Right Direction With Healthy Eating

September is National Childhood Obesity Awareness Month. One in 5 children in the United States is obese. Childhood obesity puts kids at risk for health problems once seen only in adults, such as type 2 diabetes, high blood pressure and heart disease.

The good news? Childhood obesity can be prevented. We can work together to create opportunities for kids to eat healthier and get more active.

Make a difference for kids: spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families and individuals to get involved.

How can National Childhood Obesity Awareness Month make a difference?

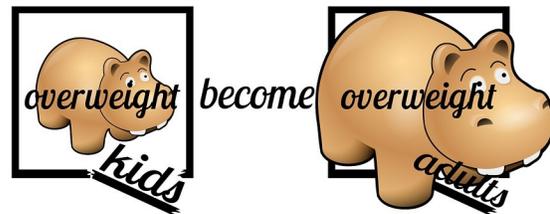
We can all use this month to raise awareness about the obesity epidemic and show people how they can help work toward a solution.

Here are just a few ideas:

- Encourage families to make small changes, like keeping fresh fruit within reach or going on a family walk after din-

ner.

- Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily



physical activities for students.

- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

As an adult, you set the rules.

Teach your kids to ask before they help themselves to snacks.

Eat snacks at the table or in the kitchen, not in front of the TV or computer.

Serve snacks like pretzels or popcorn in a bowl. Don't let kids snack directly out of the bag or box.

Drink water, milk (fat-free or low-fat) or 100% juice. Kids can drink up to ½ cup or 1 cup of juice a day, depending on how old they are.

— U.S. Department of Health and Human Services

## Move That Bod For Better Sleep, Grades, Mood, Health

**R**egular physical activity is good for everyone's health!

Physical activity is anything that gets your body moving.

Aim for at least 2½ hours of moderate-intensity aerobic activity each week. And at least 2 days a week, do activities that strengthen your muscles.

If you haven't been active before, start slowly. Even 5 minutes of physical activity has real health benefits! Once you get the hang of it, add a little more activity each time.

You know kids need physical activity to grow up strong and healthy. But did you know it can help them feel better right away? Better sleep – better mood – better grades.



How much do they need? **Moderate-intensity aerobic activity:** Kids and teens ages 6 to 17 need at least 60 minutes every day. Most of it

can be moderate-intensity aerobic activity. Anything that gets their heart beating faster counts.

At least 3 days a week, encourage your kids to step it up to vigorous-intensity aerobic activity.

Is it moderate or vigorous? Use the “talk test” to find out. If you’re breathing hard but can still have a conversation easily, it’s moderate-intensity activity.

When you’re being active, try talking: If you can only say a few words before you have to take a breath, it’s vigorous-intensity activity

As part of their daily 60 minutes, kids and teens also need: **Muscle-strengthening activity** at least 3 days a week

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

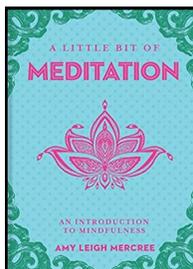
**Bone-strengthening activity** at least 3 days a week.

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

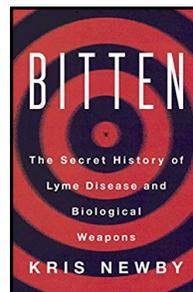
— U.S. Department of Health and Human Services

### New Books at the Meriden Public Library

These health-related books can be found in the “New Books” area:



*A Little Bit of Meditation: An Introduction to Mindfulness*  
by Amy Leigh Mercree,  
158.12 ME



*Bitten: The Secret History of Lyme Disease and Biological Weapons*  
by Kris Newby,  
616.92 NE