



Promoting healthy eating and increased physical activity **Movin' and Munchin' Schools**

A program of the Wisconsin Department of Public Instruction

Featuring Wisconsin Olympians Suzy Favor Hamilton and Casey FitzRandolph

Summer 2010
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Attention: June 15 deadline to submit program summary!

The June 15 deadline is nearing for participating schools to submit their Movin' and Munchin' Schools program summary forms to the Department of Public Instruction (DPI).

With a record 219 schools participating this year, it's important to get your summary form in for evaluation and possibly an award of up to \$500 from DPI. If your district has a WEA Trust health plan and at least 50% of your staff participates, the Trust will match the DPI award. The awards must be used for health and wellness activities or functions at your school.

If you have any questions or need some guidance on filling out the one-page form, contact Jon Hisgen at DPI. He can be reached via email at jon.hisgen@dpi.wi.gov. The program summary form can be downloaded at www.movinandmunchin.com.



Beware of these summer foods

As we head into the summer season, for many people that means spending more time outside and being active. That can be a good thing for our bodies, but it can also be a time when our schedules get thrown off. If you are not mindful, some bad summer-eating habits can pack on the pounds despite increased activity.

Courtesy of WebMD, here are a few of summer's most fattening foods and some possible alternatives.

The proteins

Barbecue can sabotage your waistline. A 20 ounce T-bone can weigh in at 1,540 calories and 124 g fat; an average cheeseburger has about 750 calories and 45 grams of fat; and pork or beef ribs?

continued on page 2

OLYMPIAN CORNER



with Suzy Favor Hamilton and
Casey FitzRandolph

Recapping a record-setting year

It was a record year for participation, and it was a record year for the Movin' and Munchin' Schools road crew as Suzy Favor Hamilton and myself, along with a lot of help from the WEA Trust, held rallies at 13 schools this year—more than any previous year.

From Whitewater in the south to Washburn in the north, I had a blast meeting students and school employees throughout the state. And it was great to see the participation reach a new record with 219 schools signing up.

The best perk the platform has given me is to share the

continued on page 3

Beware of these summer foods *continued from page 1*



They come from the fattiest part of the animal. The good news: You can go lean with cuts like pork tenderloin, skinless chicken breast, and lean ground beef.

Hot dogs and sausages are favorite summer treats for

many of us, but you might want to save them for baseball games. It's not just about fat or calories (after all, you can choose lower fat varieties), but most hot dogs, bratwursts, and sausages are high in sodium. A typical hot dog has 280 calories, 15 grams of fat, and 1,250 mg of sodium, while a 6-ounce kielbasa has 330 calories, 24 grams of fat, and 1,590 mg sodium.

A bucket of fried chicken is an easy way to feed a crowd, but it can wreak havoc on your waistline (and arteries), especially when you eat more than one piece. So forgo fried and toss boneless, skinless chicken breasts on the grill. A 3.5 oz.



skinned chicken breast has only 167 calories and 7 grams of fat, compared to a KFC fried chicken breast with 360 calories and 21 g fat. Add flavor with marinades, spice rubs, or top it with fresh salsa.

The carbohydrates

A small half-cup portion of typical potato salad has 180 calories and 12 grams of fat; the same amount of coleslaw has about 150 calories and 8 grams of fat. To cut calories, try making your salads with light mayonnaise; or mix mayo with low-fat yogurt, light sour cream, or chicken stock. Or why not try a German-style potato salad, using more vinegar than oil? Then toss lots of veggies into any salad to increase the fiber and nutrients.

The drinks

Sweet, fruity alcoholic drinks (the kind often served with an umbrella) may go down easy, but the calories add up in a hurry. A piña colada can range from 245-490 calories, a daiquiri from 300-800 calories, and a Long Island iced tea can set you back 520 calories or more—with much of it from sugar. Instead of high calorie drinks, try wine, a wine spritzer, or a mixed drink with seltzer and a splash of 100% fruit juice.



Staying hydrated is essential in summer, but those cold drinks can wreak havoc with your waistline. Be careful what you choose—if you're drinking 12-ounce containers of sweet tea, sweetened soda, energy drinks, juice drinks, or beer, you're probably taking in about 150 calo-

continued on page 3



Movin' and Munchin' is a program of the Wisconsin Department of Public Instruction, and sponsored by the WEA Trust, a not-for-profit insurance organization created by public school employees, for school employees.



OLYMPIAN CORNER

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continued from page 1



message of health and wellness to public school kids. It's great to hear from adults, too, about the impact we can have.

"It was a fantastic program for our elementary school students," said Charles Rasmussen, president of the Glenwood City School Board, after our spring event. "The enthusiasm was contagious. It was tremendously worthwhile."

Nick Kaiser, the principal at Tiffany Creek School in Boyceville, shared this after our May event.

"The Boyceville School District makes exercise, healthy eating, and making the right choices a

priority in our educational system," Kaiser said. "It's something we want them to continue not only during the school year, but throughout life."

And knowing I can make an impact on a few kids as we try to battle the obesity problem is especially gratifying. I get fired up when I see how fired up the kids are after our events.

The Leader-Telegram in Eau Claire reported on our rally in Boyceville and talked to a few students afterward.

Sixth-grader Marki Lagerstrom, 12, told the Leader-Telegram she especially enjoyed watching teachers exercise by

dancing, and she learned a simple lesson along the way. "I learned if you eat healthy, you can stay healthy," she said.

Fellow sixth-grader Wyatt Swenson, 12, said meeting Suzy Favor Hamilton and Casey FitzRandolph was an inspiring experience. "I like that they talked about you can accomplish anything and don't give up on your dreams," he said.

I hope we can all carry those messages throughout this summer and beyond. We plan on visiting even more schools starting in the fall, but until then, keep movin'.

by Casey FitzRandolph

Beware of these summer foods *continued from page 2*

ries a pop. Smoothies, milkshakes and cold coffee concoctions can go much higher. Keep liquids in check and drink water or light versions of your favorite quenchers.

Refreshing frozen treats

A cup of soft-serve ice cream can have 380 calories and 22 grams of fat. Make it a Dairy Queen chocolate chip cookie dough blizzard and the calories soar to 720, with 28 grams of fat! You don't need to give up frozen treats, just pass on the giant portions or high fat toppings. Look for frozen desserts like sherbet, fudge bars, fruit bars, or other treats under 150 calories per serving or fruit desserts like strawberry shortcake.

Frighteningly fattening fair food

Fairs, carnivals, and boardwalks serve up some of the most fattening deep-fried diet disasters. From fried cheesecake (around 500 calories), fried macaroni and cheese (610 calories) to gigantic turkey legs (1,136 calories and 54 g fat), most eat-while-you-walk foods will give you calorie overload. Skip the fried foods and choose cotton candy, caramel apples, or a simple grilled meat or share your treat with a friend.

