

January, 2011

INSIDE THIS ISSUE

Solving the Problem of Childhood Obesity Within a Generation.....1

17% Achievement Gains Possible with Fitness.....1

Trainer Tips.....2

10 Recommended Strategies for Schools.....2

What If.....2

Really gr8 stuff.....3

Healthy Snacks.....3

About Gr8FITness.....4



Gr8FITness On the Move

Illinois Association for Gifted Children Conference, Chicago **Feb. 7-8**

National Association of Health and Fitness Bd.Mtg **Feb. 17**

City of East St. Louis **Feb. 24**

McKinney-Vento Secretaries Event, Belleville "Hats Off to You" **Mar. 17**

National Association of Health and Fitness Bd. Mtg **Mar. 17**

National Association of Health & Fitness Bd. Mtg. **April 21**

National Employee Health and Fitness Day **May 18**

National Association of Health & Fitness Bd Mtg.. **May 19**



FIT (Facing It Together)

CEO FIT Fam Jam Special Edition

Solving the Problem of Childhood Obesity

Within a Generation

Ask people what they are concerned about and you will hear "unemployment", "the housing market", "health care", and a myriad of other responses. One national crisis not often mentioned is the epidemic of childhood obesity. How serious is it? According to the May 2010 white House Task Force on Childhood Obesity Report to the President, one in every three children (31.7%)ages 2-19 is overweight or obese. Worse yet, 1/3 of all children born in 2000 are expected to develop diabetes during their lifetime. If that doesn't get your attention, how about the fact that the current generation may not outlive their parents.

We know that obese adults will incur an estimated \$1,429 more in medical expenses that normal weight peers and excess weight during childhood costs \$3 billion per year in direct medical costs.

Military readiness is impaired because more than one quarter of all Americans ages 17-24 are unqualified for service because they are too heavy. The list goes on...

But the more important problem is that the child often becomes the brunt of teasing and even bullying, cannot comfortably participate in and may not be invited to take part in many school activities, develops low self esteem or behavior to mask their true feelings, and may not

achieve as well in school.

The movie and book, Fat Boy Chronicles, focuses on the issue of child obesity and takes us inside the life of one junior high boy who reveals his feelings and describes his day-to-day experiences through his writings in a diary for a school assignment. It is hoped that, as a result of this experience, we will (1) begin or renew an enthusiasm for living fit ourselves; (2) develop a concern for nutritional components of food we and our kids eat; (3) team in compassionate action to help reduce obesity and (4) work to have Effingham County known as a county where fitness choices are varied, available and valued.

17% Improvement in Achievement Possible through Fitness

John Ratey, M.D. a Harvard psychiatry professor, in his book Spark!, The Revolutionary New Science of Exercise and the Brain [2008, Little, Brown and Company: New York, NY] states that when students are engaged in fitness activities, exercising within their target heart zone for the majority of a prescribed period of time, achievement in academic classes follows. In work done in Naperville, Illinois,

students showed a 17% improvement in achievement when fitness was built into their daily program.

A California study showed that fit students achieve better in school. Exercise sparks new brain-cell growth. Ratey says, "Aerobic exercise physically transforms our brains for peak performance." He explains that the brain grows with use just as muscles do

and withers when not active. Exercise not only grows brain cells, but can help us cope with stress, reduce anxiety and relieve depression. We know what we need to do. Likethe well-known slogan of an athletic apparel company commands, we need to

JUST DO IT!©

“Nutritionally speaking, we’re drowning in info, but we’re starving for knowledge.”

Kathie Swift, MS, RD

WHAT IF?

The increasing number of schools with students who are NOT making adequate yearly progress is directly correlated to the rising rate of obesity and inactivity of its students?

What if...

Learning how to engage in exercise for life by being able to demonstrate proper form, strength and endurance in at least two lifelong fitness activities or sports activities was required for graduation?

What if

Doctors prescribed exercise even half as often as they prescribed drugs to deal with weight reduction, stress relief, and general malaise?

What if?

A whole community decided it wanted to be known as one of the “fittest” communities in the United States?

What if?

The Governor of Illinois actually encouraged the development and ACTION of a Governor’s Council on Health and Wellness (like other states do) to coordinate fitness, nutrition, and wellness activities.

WHAT IF???? WHAT IF????

TIPS from the TRAINER by Brett Fischer, NASM CPT

Blue: ISTJ, ISFJ

- Avoid disruption of routine or plan.
- Schedule exercise as an appointment, and put it on the list.
- Track your progress, maintain records, and keep exercise routines simple and safe.

Gold: ESTJ, ESFJ

- Make sure you have specific goals.
- Make a commitment to yourself, and other; share your accomplishments with others.
- Exercise at the same time every day, choose routines that are tried and true.

Green: ISTP, ISFP

- Do not make exercise tedious; enjoy it wherever you can.
- Try to create your own plan and routine (it is ok to ask for help); then execute it by yourself. You are not the “buddy” type.

- Get outdoors, mother nature is your playground and your gym.

Reds: ESTP, ESFP

- Never lack people to “play” with.
- Maintain a network of active people and train for goals with others.
- To avoid injury, resist your natural urge to “go all out” every time.

Whites: INTJ, INFJ

- It is ok to start a training program without a full blown plan.
- Accept unfinished workouts as better than no workouts, but still designate time and plan ahead.
- Choose activities that are repetitive to allow for the brain to drift as it so pleases.

Purples: ENTJ, ENFJ

- Beware not to get distracted by socializing.
- Integrate exercise into your lifestyle.

- Envision, plan ahead, and schedule...but you don't have to keep to your plans.

Saffrons: INTP, INFP

- Prevent boredom.
- Shop for a gym that’s unfussy, one where you feel like yourself and can be comfortable.
- Respond to your inclination for flow; minimize stops.

Silvers: ENTP, ENFP

- By no means ignore your body; ideas and mental stimulation cannot monopolize your attention. Try to be balanced.
- Just begin and see where it takes you. Do not wait to start until you can perform at the highest levels.
- Coordinate and be accountable to others. Keep transitions minimal; show up dressed.

The 8 Colors

Brett Fischer

Ten Recommended Strategies to Promote Wellness in Schools

Source: CDC, “Make a Difference at Your School”

Dealing with childhood obesity is definitely a challenge as it has increased by three times in the past 30 years. The prevalence of obesity among children aged 6 to 11 years went from 6.5% in 1980 to 19.6% in 2008. Adolescents didn’t fare much better, increasing from 5.0% to 18.1% Besides putting these children and young adults at risk for some very serious diseases, such as cardiovascular disease, high cholesterol, high blood pressure, they are also at greater risk for bone and joint problems, sleep apnea, and type II diabetes. We can make a difference in our schools by incorporating 10 evidence-based strategies.. According to the CDC (National Center for Chronic Disease and

Health Promotion) we can:

1. Address physical activity and nutrition through a Coordinated School Health Program (CSHP)
2. Designate a school health coordinator and maintain an active school health council.
3. Assess the school’s health policies and programs and develop an improvement plan.
4. Strengthen the school’s nutrition and physical activity policies.
5. Implement a high quality health promotion program for school staff..

for school staff.

6. Implement a high quality course of study in health education.
7. Implement a high quality course of study in physical education.
8. Increase opportunities for students to engage in physical activity.
9. Implement a quality school meals program.
10. Ensure that students have appealing, healthy choices in foods and beverages offered outside of the school meals program.



Over the Top Snacks You Can Live With

Chips and salsa: 1/2 c. fat-free salsa with 12 baked tortilla chips

Strawberry banana smoothie: 1 c. fat-free plain yogurt blended with 1 banana and 1 c strawberries

Veggie sticks and spicy dip: 1/4 c. fat-free cream cheese mixed with 1/4 c. fat-free salsa with celery and carrot sticks

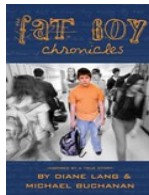
Chicken noodle soup 1 cup made with water

Turkey Cheese Rollups: 2 slices deli-sliced turkey and 2 slices fat-free Swiss cheese rolled up with 1 tbs mustard.

If enough of us breathe life into this healthy revolution, who knows what will happen?

Pilar Gerasimo

Fat Boy Chronicles by Lang Buchanan



Fat Boy Chronicles is a book written by authors Diane Lang and Michael Buchanan, experienced

high school teachers. They have been nominated for Disney Teacher Awards for creativity in the classroom. **Fat Boy Chronicles** isn't their only book; they also collaborated on Micah's Child and have written a screenplay entitled Treasure of the Four Lions.

Fat Boy Chronicles includes a Foreword by Dr. Thomas Inge, who is devoted to solve the teen obesity in America. A google of the title gets you a sneak preview at the film plus lots of extras. Take a look!

Jimmy Winterpock who is the fictional character in the book was inspired by Doug Hennig who courageously beat the odds to lose a lot of weight. The students of Chattahoochee High School were acknowledged and the front cover is an actual high school, Northview High School. The story is about Jimmy Winterpock, a fourteen year old who weighs 187 pounds. Supported by his family and his church, he finds school to be full of taunts and humiliating experiences. For comfort he turns to food which results in more weight gained. His day-to-day experiences are logged into a journal one of his teachers assigns.

The book has a thread of intrigue as Jimmy and Paul, his friend, try to solve a local murder case. The language sometimes used in the book, although "realistic", may not be appropriate for younger readers. Although the book is classified as Young Adult Fiction, it is a quick and informative read for adults (parents too) who want to understand what obese kids endure at school. How Jimmy responds, reacts and reflects provides valuable information to help adults guide them appropriately. Having support is critical and support is enriched with understanding. **Fat Boy Chronicles** was published in May 2009. It is available at Amazon.com.

Dining Out at McDonald's ala Weight Watchers Points

So, given, kids are going to eat at McDonald's. Let's analyze the choices by points: Hamburger 5, Cheeseburger 7, Quarter Pounder 9, Big Mac 13, Filet o Fish 9 (take off the tartar sauce and it's 6) honey mustard grilled snack wrap is a 6 so it's an ok choice. You

Chipotle BBQ or Ranch Snack Wrap grilled 6...so, the basic hamburger or 4 McNuggets (5) are the best point bets! Sauce adds 1-6 points. Stay away from the Creamy Ranch--6 points! Fries add 5, 8 or 11, based on size! So, choose apples and no dip!

A premium grilled chicken salad is 4 as is the snack size fruit & walnut salad. Best dressings: balsamic vinaigrette and low fat Italian. Get diet drink or unsweet tea and Splenda. You CAN eat there, but make wise choices and skip the "extras" and the cappuccinos!

Stay Ahead of the Hungries

NOTE: This title does not mean pushing your way into line ahead of a bunch of starving people at a fast food joint! Too dangerous!!!!

Staying ahead of the Hungries means you need to work to avoid feelings of extreme hunger or that "so full you're about to pop" awful feeling! How do you do that?

You can eat smaller meals more often. Think about 300-400 calorie meals about 5 times a day instead of skipping or skimping on meals.

Another tip is to always include protein in your meal and to drink lots of water with the meal and between meals. Sometimes you may feel hungry but you are actually thirsty and drinking something will satisfy the hunger.

Another way is to get up and move around a bit (and not toward the refrigerator unless you are going to find something like a Greek yogurt or a salad or a boiled egg or a half cup of cottage cheese or a glass of skimmed milk or a low fat cheese stick to eat. Eggs can be very filling

and are a great source of protein..

Take a walk, ski, slalom, march or hula hoop on the Wii and knock off a few calories as you forget you are hungry.

Sometimes a sugar free life saver does the trick. Learn to listen to your body's signals and ask yourself if you should be hungry...if you really are hungry. Another trick is to wait about 20 minutes and see if the feeling goes away after a drink or some exercise! You CAN do this! Purge your house of "poisons"!

Bridging the Gap—From Goals to Results



GR8FITNESS

Mailing address:
2105 Red Bud
Effingham, Illinois 62401-4916

Email address:
mail@gr8FITness.net

Website:
http://gr8FITness.net

2105 Red Bud Street
Effingham, Illinois
62401

We are pleased to be a part of the CEO FIT Fam Jam event. Thanks to Craig Lindvahl, sponsors, and the class for having the vision to undertake such an event. A special thanks goes to CEO student, Megan Zumbahlen.



Linda and Brett

We are now in our third year of Gr8FITness newsletters. In an era when new businesses are difficult to maintain, we are justifiably, but humbly, proud to have made it this far. Thank you, readers, and thanks to those of you who invited us to present a program for your organization. We will work to continue to bring you information to assist you in your quest for continued good health and fitness.

Gr8FITness has several divisions. Our flagship offering is still the Gr8FITness Division, integrating physical fitness and personality preferences. We base our work here in the writing of Suzanne Brue, The 8 Colors of Fitness®, available at amazon.com. We help each client understand his/her personality preferences and specific motivators so each can choose a fitness program that ensures the highest probability of success. We teach people the process of change and provide encouragement and training tips.

Other divisions are **Gr8Achievement**, **Gr8Wellness**, **Gr8Teams**, and **Gr8Athletics**.

Gr8Achievement helps teachers and students identify their personality preferences to improve academic achievement through differentiated instruction leading to gr8schools! Our program “Coaching Students to Success” integrates personality differentiation, social emotional learning, and motivational techniques to move students toward greater achievement.

Gr8Wellness designs, delivers, and monitors employee wellness programs in corporate and hospital settings.

Gr8Teams helps employers and employees identify their workstyles through discovering personality preferences and facilitates improved communication and teamwork, building on each person’s strengths and learning to avoid roadblocks.

Gr8Athletics builds team synergy through individualized and team assessments of personality preferences to improve communication, increase winning, facilitate leadership, and improve health.

National Employee Health and Fitness Day—May 18, 2011

It isn’t too soon to begin to plan for the 2011 National Employee Health and Fitness Day. Hopefully, your town has some exciting events planned for that day, but, more importantly, we hope that you are planning to participate in some way. The best thing would be to use that day as a huge celebration of a gr8 fitness adventure you and your employees have experienced together, leading up to that day. We all know

fitness isn’t a one day event, but should be part of our “daily operations”.

Gr8FITness can help you plan a wellness and/or activity program to engage your employees, if you are an employer, or your colleagues in meaningful, doable activities. Give us a call to set up a time to discuss the possibilities. Have something to celebrate in May—a group of healthier and more energetic people enjoying work and life.

For more information or to download a planning packet for National Employee Health and Fitness Day, go to www.physicalfitness.org or give us a call to help you get started. Let’s celebrate!

Congratulations to the

2011 Healthiest Company!!!