



FYI Connections

A monthly newsletter for Tuscarawas County families.

December 2006

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Red Cross
- Buehler's
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- Harcatus Head Start
- Indian Valley Schools
- Kiwanis
- Nationwide Insurance
- New Philadelphia City Schools
- Norma Johnson Center
- Ohio State University Extension/4-H Super Fitness
- Strasburg Schools
- Tuscarawas-Carroll-Harrison Educational Service Center
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

- American Cancer Society
- Dairy Farmers of America
- Dover Lions
- New Philadelphia Kiwanis
- New Philadelphia Lions
- Tuscarawas County Dairy Farmers Association

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Reduce Family Holiday Stress

Images of the perfect family and the perfect holiday on TV lead us to expect the same for our families. Making realistic goals for our own families can help prevent us from feeling letdown about not being like the "ideal family."

- Develop a family budget for the holidays and stick to it. You don't need to buy gifts that cost a lot to show that you love and care about someone.
- Don't try to do too many things. Decide which are the most important things to do and say no to the rest. Find a quicker or easier way to do something to give you more time to enjoy your family. (Examples: have gifts wrapped at store, use cookie mix, have children help – create memories and save time.)
- Be flexible. Focus on the positive. When problems come up, try to adjust your plans and then enjoy as much of the time as you can.

Christmas Tree Appetizer

- 1-2 heads fresh broccoli
- 1 pint cherry tomatoes
- 1 head fresh cauliflower
- Vegetable dip OR 1 package ranch dressing mixed with plain nonfat yogurt (for extra calcium)



Wash & drain all vegetables; cut tops of broccoli and cauliflower into flowerettes. Arrange broccoli in the shape of a Christmas tree on a serving tray. "Decorate" tree with tomatoes and put a layer of cauliflower "snow" under tree. Top tree with a slice of star fruit, if desired. Serve with dip.

An FYI for Educators

Jayne Huebner, elementary physical education teacher for the Indian Valley Local Schools, recently had a lesson plan published in the *What Moves U Activation Kit*, a joint publication of the American Heart Association and the National Football League. The kit includes active lessons in the subject areas of language arts, mathematics, physical education, science, and social studies, along with posters, a teacher's tip packet, and a DVD of bonus materials.

"Spell Your Way to Fitness" is a language arts lesson plan that Huebner submitted to an on-line contest called "For Teacher, By Teacher." As one of the nationwide winners, she received \$250 to support her program and had her lesson published both in the activation kit, which is being sent to school buildings nationwide, as well as on the *What Moves U* website. You can view complete instructions for "Spell Your Way to Fitness" through a free registration on www.whatmovesu.com/teacher where a wealth of other activities and resources are available related to integrating physical activity into the academic curriculum.

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

KidsFit at Super Fitness coming in January!

Coming to the **Twin City YMCA in January:**

- Youth fitness challenge program for 6-13 year olds—more details to come.
- "Kidnetics" exercise class for children of all ages and interested parents—Tuesdays at 6 p.m., January 8—February 20 (cost \$20 for members, \$40 for others).

CPR for Family & Friends at Union Hospital—Thursday, December 7, 7 p.m. The class will be held in the Union Hospital Reeves Auditorium. This is a pulmonary resuscitation course for non health care rescuers. This class is designed for individuals, both young and old, who may encounter medical emergency requiring basic resuscitation skills. It is for those who are interested in learning CPR but who do not need to be certified. The course teaches rescuers skills in adult, child, and infant CPR as well as foreign body airway obstruction (choking). Cost is \$5 and includes a book, wallet card, and refreshments. **Registration is required.** Register by calling 330-602-0778 or register on-line at www.unionhospital.org.

