



Up Beet Monthly

Physical activity is an important part of creating lifelong healthy habits. Consider these simple steps to stay active:

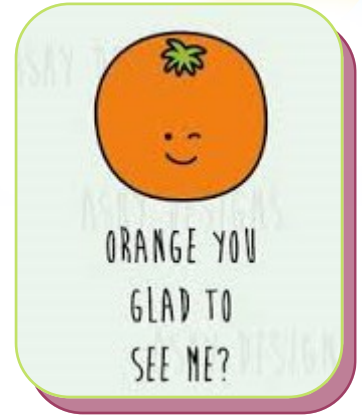
- ◆ Have a picnic in the park and plan for an activity
- ◆ Build an obstacle course and have a family race
- ◆ Go on a bike/hike trail in the beautiful outdoors
- ◆ Rain or shine, turn the music on and dance
- ◆ Grow your food. Contact Flor Gonzalez Community Garden Coordinator @ 415-306-0440/ florg@canalalliance.org. Plots are available

Consider trying these 6 simple steps to help your child and your whole family live a healthier lifestyle:

1. Get the family on board. Avoid singling out your child, have a conversation with the whole family about how you want to make **healthy changes** for everyone, including you. Kids learn their habits from their parents, so it's important you **lead by example**.

2. Small changes. Don't try to overhaul your family's diet all at once. Instead, make one small change at a time. Small tweaks are more likely to last for a lifetime.

- ◆ Swap your child's **sugar-sweetened drinks** (juice, soda, Gatorade, Caprisun) for water or low-fat/non-fat milk.
- ◆ Make sure to offer a **healthy breakfast**.
- ◆ Limit food from restaurants or fast food joints to 1 time a week, cook more at home.
- ◆ Buy more fruits/vegetables for snacks, avoid buying packaged foods - children eat what is available.



Here are some **FREE** activities for the entire family

Important Dates:

- 04/02 FREE EVENT 10-2pm @ McInnis Park 310 Smith Ranch Rd: Zumba, Healthy Food, Volunteer Work
- Wed. Every Wed 2:30-5 @ 3110 Kerner Blvd in San Rafael. Come to our Health Hub for free health screenings, health education, and food.
- Thu. Every Thur 2:30-5 @ 6100 Redwood Blvd. Come to our Health Hub for free food.
- 04/23 FREE WildCare Earth Celebration 10-1pm, please RSVP to participate: Contact Marco 415-453-1000 x17 or marco@wildcarebayarea.org



6 simple steps to help your child and your whole family live a healthier lifestyle (continued):

3. Eat together. When you sit down as a family to eat together (not in front of TV), you'll encourage healthier habits. If you can, get **everyone involved** in planning and cooking meals.

4. Snacking on fruits and veggies is a good choice when your child tells you he/she is hungry between meals. Choosing **healthy snacks** will promote healthy growth and maintain a healthy weight.

5. Get moving. Being active is an important part of weight management. Help your child move more each day and have fun with it. Think about what your child enjoys and ways you can be active together.

6. Limit screen time (in front of computer, TV, smart phone, or tablet) to less than 2 hours a day and encourage your child to move more.

Enjoy a Healthy Recipe

Pita Pizza

Serves: 4 Total Time: 18 min. • Low Added Sugar • Vegetarian

Let your child add his favorite fruits/vegetables toppings to this fun meal!

Ingredients:

- 4 Whole wheat pita bread
- 1 cup mozzarella cheese
- 1 cup tomato/pizza sauce
- 2 cups bell peppers, broccoli, pear, mushrooms, olives, apple, pineapple, onions, tomatoes asparagus, etc.

What you'll need:

- Cheese Grater
- Sharp knife
- Cutting board
- Baking sheet
- Butter knife

Directions:

1. Preheat oven or toaster oven to 425° F. Chop or slice toppings into small pieces.
2. Place the pitas on baking sheet for assembly. Spread tomato sauce on the pita leaving room for crust.
3. Sprinkle with cheese and add toppings.
4. Cook pizzas in the oven for 5-8 minutes or until cheese is melted.
5. Serve immediately with a simple green salad.



For more recipes go to:
www.eatfresh.org



marin community clinics

