

# BodyMind Initiative

Creating Healthy Minds and Healthy Bodies

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## Go Green, Save Green. Be HEALTHY!

It's easy to get your family on the path of greener living. Whether you are an avid recycler or just looking for simple changes, you can do something worth while. There are some small things you can try that will not only enhance your health, but will save you money and help the environment. The best way to keep up these earth-friendly practices is going to involve the cooperation of the entire household. The most influential way is to be a good role model, and by showing that you care, your family will do the same.



## WHY Green is in!

While it's easy to get overwhelmed with going green, it's not as hard as some may think. It just requires simple changes. Although going green is not a new phenomenon, people are starting to see the importance of being more environmentally friendly. Everything we do has an impact on the planet, and the planet has an impact on us. So it is not only beneficial for our health, but it

can help us financially and is a great help to the environment.

(Adapted from planetgreen.discovery)

## Go Green FOR YOUR FAMILY'S HEALTH

Getting the entire family together in helping the environment is not only good for the planet, but it's also good for your family's health.

- When you shop, try to shop locally. Take your family to the farmer's market, and pick our healthy, locally grown foods. Buying local reduces energy burned to transport goods as well as preserving the nutrient content of the food.
- Grow a green thumb. Plant a family garden. This will help the environment by

cleaning the air, and you will have access to fresh fruits and vegetables in your own household/backyard!

- Avoid waste by letting your child pick out their favorite lunch box and water bottle to reuse everyday for school. This will save money and eliminate unnecessary waste.
- Turn off the tap. Turning off the water while your brush your teeth, can save up to 8 gallons of water each day!
- For the families electronics, opt for rechargeable batteries.
- Save energy and money when you change from incandescent light-bulbs to compact fluorescent

light-bulbs (CFL). These light-bulbs use 75% less energy.

- Walk more. If you can, walk, bike or rollerblade with your child to and from school or to the store, work, or other activities. You will be getting exercise, and using less gas.
  - Be creative. Turn a cardboard box into a playhouse or create flower pots out of ice-cream tubs. Use an egg carton to plant seedlings, turn used tires into children's swings, use nontoxic art supplies, or drink out of reusable containers whenever you can or where appropriate.
  - Set up a recycling center in your home. Have the kids decorate the bins and label each bin: Plastic, glass, paper, etc. Take a family trip to drop off the recycling.
- (Adapted from CHOC.org)

Sponsored by Covenant Health System and The Center for Prevention and Resiliency at Texas Tech University

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The BodyMind Initiative is a partnership between Covenant Health System and the Center for Prevention and Resiliency at Texas Tech University. Our primary goal is to develop and implement a prevention and intervention program that will impact childhood health and wellness within the community. Program delivery includes a curriculum offered within the schools that focuses on resilience, self-care, and wellness, as well as a family component that emphasizes parent support and family education. The BodyMind Initiative hopes to partner with you to make a difference in our community by creating healthy minds and healthy bodies.

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## Meet The Team: Stephanie Speaks on The Next Generation

“Going Green” has begun to take place amongst the younger generation. Kids are teaching their parents how to become more environmentally friendly by committing to changes such as: recycling, using canvas bags instead of plastic, and walking instead of driving. Will kids be teaching parents how to eat healthy and exercise? For so long, helping children to be healthy involved the family. Don't get me wrong, childhood health problems are a family systems issue, but can we educate our younger generation to make better decisions in health for the whole family? They can teach what they have learned to their parents and generations to come. History has shown us over and over again that habits and patterns become set early on, therefore, they are harder to break. By working with children, new phenomena, concepts and ideas can catch on. So let's pursue our children's wellness to enhance not only the future generations, but the families of today. Parents, it's about time you let your kids teach you something. You might just learn a new way to be healthy.

“History has shown us over and over again that habits and patterns become set early on.”

## PARENT POINTERS: When YOUR CHILD GOES VEGETARIAN

### WHAT IS VEGETARIANISM?

Many individuals and families have chosen to follow a vegetarian lifestyle. There are 6 major vegetarian lifestyles that people follow.

- **Semi-vegetarian:** These individuals typically exclude red meat, but still eat poultry (chicken, turkey, etc) and/or fish.
- **Ovo-vegetarian:** These individuals exclude meat, but include eggs.
- **Lacto-ovo vegetarian:** These individuals exclude meat, but include dairy (milk, cheese, etc) and egg products.
- **Lacto-vegetarian:** These individuals exclude meat and eggs, but include dairy products.
- **Pesco-vegetarian:** These individuals exclude meat, but include fish.
- **Vegan:** These individuals exclude all animal sources: eggs, meat, fish, dairy, and products made using animal sources.



### WHY DID YOUR CHILD DECIDED TO GO VEGETARIAN?

There are a variety of reasons a child may choose to adopt a vegetarian lifestyle. Some children may have people in their lives who are vegetarians, for religious or cultural reasons, also, your child may want to show their concern for animals, the environment or their own health.

If your child comes to you expressing his/her desire to become a vegetarian, do not be alarmed. Support your child, and discuss what it means and how to implement it. First and foremost is the health of your child. You need to ensure that your child is making healthy and nutritious food choices. Children and adolescents need enough nutrients to fuel their growth and development. It's important that they are getting an adequate amount of certain vitamins and minerals. Your child

can take a multivitamin and consume some of these healthy food sources that offer vitamins and minerals when you cut out meat and/or animal sources.

Such as:

- Vitamin B12, found in dairy products and fortified cereals
  - Vitamin D, found in milk and fortified orange juice.
  - Calcium, found in leafy green vegetables, and calcium-fortified products such as soy milk.
  - Protein, found in dairy products, eggs, tofu, beans, and nuts.
  - Iron, found in eggs, dried beans, whole grains, and iron-fortified products.
  - Zinc, found in wheat germ, nuts and fortified cereals.
- If your child chooses a less restrictive vegetarian lifestyle, such as a semi-vegetarian it will be easier for them to get the necessary nutrients.

### BENEFITS OF GOING VEGETARIAN

A vegetarian lifestyle rich in fruits and vegetables will be higher in fiber and lower in saturated fat and cholesterol. This can help improve heart health and can reduce blood cholesterol. A well-planned vegetarian lifestyle can meet your child's needs and can be beneficial for their health.

### WHAT CAN YOUR CHILD EAT?

Here are a few examples of meals that can provide complete proteins.

Bean burritos/tacos, veggie or garden-burgers, peanut butter and jelly sandwich on whole-wheat bread. Beans and rice. Add nuts/seeds to salads. If you go out to eat, Asian and Indian restaurants offer many vegetarian options. Also, many restaurants are willing to accommodate their vegetarian customers, so don't be afraid to ask. (Adapted from [kidshealth.org](http://kidshealth.org))

## Food Funny



## Menu Makeover:



### Farmer's Market Rotini

#### Ingredients:

- 1 C chopped onion
- 1 C eggplant, cut into julienne strips
- 1 bell pepper (any color) seeded and julienned
- 2 C zucchini cut into julienne strips
- 3 cloves garlic, minced
- 1 C frozen, prepared edamame
- 1/2 pound rotini, cooked al dente, drained
- 1/3 C parmesan cheese
- 1/4 C minced fresh basil or 1 tablespoons dried basil
- salt and ground black pepper

#### Directions:

Begin preparing pasta according to package directions. Heat a non-stick skillet over medium heat, add the onion, and cook for 5 minutes. Add the eggplant, bell pepper, zucchini, and garlic and cook for 10 minutes, stirring frequently. Add the edamame. Season with salt, pepper, and basil to taste. Place the cooked pasta in a large serving bowl. Pour the vegetables over the pasta and mix together thoroughly. Sprinkle with parmesan cheese. Serve immediately. Makes 4 servings

### Lemon Lime Orange Iced Tea

#### Ingredients:

- 1/3 C water, boiling
- 1 1/3 tea bags
- 2 tablespoons sugar
- 1 C water, cold
- 2/3 C orange juice, unsweetened
- 1 1/3 tablespoon fresh lemon juice
- 8 oz diet lemon lime soda (any diet lemon soda)



#### Directions:

Begin by pouring the boiling water over the tea bags in a bowl. Cover and let stand for 5 minutes, then remove and discard the tea

bags. After transferring the tea into a medium pitcher, mix in the sugar. Next, add the cold water, orange juice, and lemon juice. Stir, cover, and then refrigerate for at least one hour. When ready to serve, add the lemon-lime soda to the tea, and stir well. Pour over ice in individual glasses. Makes 4 servings.

(Recipes adapted from fatfreevegan.com and dLIFE)

Nutrition Information: (1 serving pasta, and 3/4 c lemonade): 440 calories, 12.5g fat, 65 g carbohydrate, 20 g protein. PCF (15% protein, 60% carbohydrate, 25% fat)

coming soon!

may

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Last Day of School

JULY

8

Triathlon Workshop 6-8 pm @ Texas Tech University Recreational Sports Center

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Fit4Fun Kid's Triathlon @ Texas Tech University Recreational Sports Center



## LUBBOCK LIVING: Upcoming Events

These new volunteer orientations are one-hour sessions that are free and open to anyone in the Lubbock area who would like to learn more about community needs, explore where they can serve, and discover how they can make an impact by volunteering. Individuals, groups, and families are welcome. Anyone interested will need to RSVP by visiting

[www.volunteerlubbock.org](http://www.volunteerlubbock.org) and clicking on "Volunteer Connection." From there, search for the date of your choice and RSVP online.

Upcoming orientations:

Monday, May 17  
8:00pm to 9:00pm

Saturday, June 5  
10:00am to 11:00am

## Community Enhancement: Express Yourself

Our students at Talkington School for Young Women Leaders attended "Express Yourself" which was an activity located at the Louis Hopkins Underwood Center for the Arts. The students did an art



therapy activity where they were instructed on how to create a self portrait using words and images that expressed who they are as individuals. They also did a creative writing exercise, and revealed their personal thoughts through journaling. They took a tour of the art gallery where they were able to look at the art and see how others express themselves using different mediums. They had the pleasure of meeting

an artist who was able to have an impromptu question and answer session with the students about his work. This activity emphasized the enhancement of self-esteem, increased body image awareness, and promoted artistic expression can as a potential coping skill.



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