

BodyMind Initiative

Creating Healthy Minds and Healthy Bodies

Express Yourself



Inner Beauty Pageant



CBMI Enhancements

"Express Yourself" and "Inner Beauty Pageant" are two of CBMI's enhancements organized for our students. "Express Yourself" allows the students the opportunity to experience new ways to express who they are and how they feel through art and writing. "Inner Beauty Pageant" encourages students to recognize all the characteristics that contribute to their inner beauty, and how each of the program's pillars promote true inner beauty.

Reminder

TTU Fit4Fun Triathlon

July 12, 2012

For details of this event:

www.recsports.ttu.edu

If you have a child interested, please contact us to reserve a spot.

We look forward to seeing you there!

Parent Pointers

During the summer it is common for children to not be as active, with reports showing much time being spent in front of the television.

Doctors recommend 60 minutes of physical activity per day. Although this may be difficult to accomplish, it is important for parents to encourage and promote non-sedentary activities. Some ways to achieve this is to be active with them by playing games/sports and going to a park or swimming pool. Spending time with friends is an important summer-time tradition. So getting their friends involved might provide more motivation and desire to want to be physically active. As parents, you are still role models for your children. If you promote an active summer, your children will follow your lead!

Summer Snacking:

We all have a busy summer ahead whether we are a parent or a child. It is still important to eat healthy over the summer despite how busy we may become. One way to help your child stay healthy is to ensure that you have readily available healthy snacks in the home for your kids when your schedule becomes hectic.

Perform a kitchen makeover and stock the cabinets and refrigerator with healthy snacks instead of high sugar/fat snacks that offer little nutrition benefit. Choose snacks that the child is able to prepare on their own. Below are examples of ten food items that are essential for easy snacks that won't sabotage your child's healthy eating!

- 1) Frozen and/or Fresh Fruit
- 2) Low Fat Yogurt
- 3) Peanut Butter
- 4) Whole Grain Crackers
- 5) Raw Veggies
- 6) Low Fat String Cheese
- 7) Baked Chips or Pretzels
- 8) Unsweetened Applesauce
- 9) Unsalted Mixed Nuts
- 10) Lean Deli Meats

FUN SIZED BY MICHAEL PATRICK
FUNSIZEDCOMICS.COM

I FEEL REALLY SORRY YOU HAVE TO EAT THAT STUFF SIS, IF ONLY YOU WERE LUCKY ENOUGH TO BE BORN BEFORE MOM CHANGED HER DIET TO GREEN STUFF AND GET GRANDFATHERED IN LIKE ME AND DAD..

PASS THE NACHOS SON!



© 2011 MICHAEL PATRICK

MENU MAKEOVER: CUCUMBER CUPS

Serves 4-6 people

Nutrition: Low Fat, Good Source of Vitamin A, No Added Sugar



Ingredients:

- ◆ 2 English Cucumbers, ends trimmed
- ◆ 1 can of chunk white tuna in water
- ◆ 2 teaspoons Light Mayonnaise
- ◆ ¼ cup finely grated carrots
- ◆ Toasted sesame seeds
- ◆ Finely chopped scallions for garnish

Directions:

- ◆ Slice the cucumbers into ¾ inch thick rounds.

Directions:

- ◆ Using a teaspoon or melon baller, scoop a 1/3 in. deep well in the center of each slice.
- ◆ Combine tuna, mayonnaise and carrots in bowl and mix well.
- ◆ Spoon tuna mixture into cucumber cups.
- ◆ Sprinkle the tops with the scallion and toasted sesame seeds.