

- **Nutrition facts**
- **Commercial Break activities**
- **What's going on in Moscow this month**

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Message from the Wellness Committee

National Nutrition Month

Did you know that the month of March is National Nutrition Month? “Calorie consumption per person for the U.S. in 2010 was 2,534 a day, according to a report from the University of Michigan (Zhao, 2014). That is 534 more calories than we need, unless activity levels are high. Time to address our eating habits and to be aware of what we are eating.

The best way to monitor our diet is to follow myplate (to the right). A helpful hint for eating the appropriate serving size is by using smaller plates, bowls, and

serving utensils. Instead of buying super sizes buy the smaller sizes or measure out into separate quantities for more than one sitting. This will help you eat in moderation.



Letter from the Editor

Hello! My name is Colton John Beadz or CJ for short. I am an undergraduate at the University of Idaho. I am studying Physical Education and Health. I love being outside and active. I also, love playing sports such as basketball and football in my free time. This Spring Break I will be outside playing basketball or just going for runs with my friends and family.



Sponsored through the support of Dr. Grace Goc Karp in the Dept. of Movement Sciences

March Madness



One sport related to March is NCAA college basketball: March Madness. I like to do chores around the house during the games I want to watch. Some ideas of chores:

- Washing dishes
- Doing laundry
- Sweeping and mopping
- Vacuuming
- Picking up our room
- Taking trash out

I recommend that you do all of these while listening to upbeat music. This will help you move quicker to burn more calories and gets you back to your seat faster. This will help you get chores done so you don't have to worry about them later.



www.differentdream.com

Handful of trail mix that has less calories than 9 potato chips.

Recipe: Game Day Trail Mix

- 2 tablespoons of almonds
- 1 tablespoon of sunflower seeds
- 1-3 cups lightly buttered popcorn
- 2 tablespoons of dried fruit.



1. You get all your ingredients and put them into a bowl.
2. Then just mix them all up.
3. Then you have a quick snack to eat instead of chips and you can take a bag of it on the go with you on a bike ride or to a basketball game.

Spot Light On Local Teacher



Kathy Knott

Moscow Middle
School

Sixth Grade

Mathematics

- ◆ **How do you incorporate exercise into your life?** I take the stairs instead of elevators whenever possible. Try and get a few sessions of rebounder activities each week. Do housework to music to make me move faster! Not complaining when I don't get a close parking spot.
- ◆ **Do you have any nutrition tips to eat healthy?** I try to stick with "real" foods – things that don't have a lot of additives. I also try and minimize portions by choosing a smaller plate; it can be easy to overeat. I think a person should make sure they are having a variety of foods at each meal. I prefer to buy fresh when possible and limit canned goods. Water, water, water. A person should always be sure to stay hydrated.
- ◆ **What are some activities you have planned for Spring Break?** Over Spring Break we are headed to a volleyball tournament in Yakima. It is hard being on the road and maintaining a healthy lifestyle. You have to be really smart about your choices at fast food restaurants. Choosing water instead of soda and looking at some of a restaurant's low calorie/low sodium choices.
- ◆ **What is your favorite healthy food?** I love to snack on apples and peanut butter.
- ◆ **Do you like or watch college basketball? If yes who will you be rooting for in March Madness?** I don't closely watch college basketball, but how can you not root for the Zags.
- ◆ **Some of your goals for the rest of 2015?** Come up with some new routines for my rebounder (Tabata style) and incorporate more strength training to my exercise regimen.

March 2015 National Nutrition Month

Calendar Details

Story Time Yoga

Bring your kids to listen to stories while experiencing the benefits of yoga. Located at Nourish Yoga.

Every Tuesday at the Food Co-op there is a music series that starts at 5 and ends at 6:30pm

Every Wednesday there is an Inland Northwest blood drive at Gritman Hospital starting at 10am

Hope Glow Run

It is for Relay for Life. Two events: a family fun run and a challenge run. For more information and to register go to this website: www.hgr.eventbee.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Vandals Vs. Weber State Kibbie Dome @ 6pm	6 Neesha Zollinger Yoga Workshop 6:30-8:30pm	7 Vandals vs. Idaho State Kibbie Dome @ 2pm
8	9	10	11 Register for Hope Glow Run, Receive a shirt	12	13 Partner Yoga Nourish Yoga @ 7:15-8:45pm	14 Spa Day- Restorative Yoga Nourish Yoga @ 11am-1:30
15 Spring Break	16 Spring Break	17 Candle light Strength & Restore Nourish Yoga @ 7:30-9pm	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break
22	23	24 Theatre acting classes for kids with disabilities Forge Theatre @ 4:30-6pm	25	26	27	28
29 Story Time Yoga Nourish Yoga @ 12-1pm	30	31				

