



November

E-3 News

S.T.E.P.S, INC. 2424 21ST Ave S. Nashville TN 37212 615.269.8844 www.stepsfitness.com

Recess

Kids who play hard every day may be making their brains, as well as their bodies, stronger. A new study reports that children who play vigorously for 20 to 40 minutes a day may be better able to organize schoolwork, do class projects and learn mathematics. "Children who are not active may be at a disadvantage academically," says Catherine Davis, an associate professor of pediatrics at the Medical College of Georgia in Augusta. Davis and colleagues worked with 163 sedentary, overweight children, ages 7 to 11, for three months. The children were divided into three groups: a control group that did no physical activity after school; a group that did 20 minutes of vigorous physical activity five days a week after school; and a group that did 40 minutes of such activity on those same days. Among the findings from the National Institutes of Health-financed study:

* The children in the 40-minute activity group had significant improvement on an executive-function test compared with the control group. They increased about 4 points on a cognitive-performance scale. Those in the 20-minute group showed about half that improvement.

*There was a small improvement in math achievement for both exercise groups but no signs of improvement in reading.

*Those in the exercise groups lost about 1% to 2% of body fat.

Says Davis, "School systems need to know that to reach their achievement targets, they need to add physical activity to the school day rather than reduce it." --- USA Today

Electronic Exercise Education

INSIDE THIS ISSUE

Play hard for your brain

Exercise of the Month

Recipe of the Month

→Lizzy's Creamy Chicken Bake

Healthy from birth

Pearls of Wisdom Throughout



RECIPE OF THE MONTH

LIZZY'S CREAMY CHICKEN BAKE

Ingredients: 6 boneless, skinless chicken breasts; seasoning salt (to taste); 1 tbsp olive oil; 8 oz sour cream; 1 can condensed cream of chicken soup; 2 (1 oz) packets dry onion soup mix

Directions:

1. Preheat oven to 350 degrees
2. Sprinkle the chicken with seasoning salt to taste; brown chicken breasts in olive oil on both sides til golden brown
3. Place chicken in 9 x 13 baking dish. In a medium bowl, combine the sour cream, condensed soup, and dry soup mix. Pour over the chicken breasts, place in oven. Bake 25-30 minutes, allow to cool and serve.

Nutritional information: Calories 370 per serving; 6 servings; Fat 17; Cholesterol 98 mg; Sodium 705 mg; Carbs 9.1; Protein 31.3.

NO DUH

According to a recent study by Brian Wansink, PhD, director of the Cornell University Food and Brand Lab, people who eat from large containers eat proportionately more of the serving than those eating from smaller containers. Conclusion? Eat from smaller containers.

Approximately
40% of your
body weight is
muscle tissue

For every hour of exercise you perform, you'll increase your life expectancy by two hours and save about \$500 a year in health care costs.

33

Percentage of Americans on a diet at any given point in the year.

59%

The percentage of those dieters that are keeping weight off by engaging in at least moderate exercise regimens three or more times a week

Did you know...

To burn 1 slice of a 12 inch pepperoni pizza it takes:

- 23** min of running
- 27** min of swimming
- 31** min of biking
- 37** min of dancing
- 57** min of walking
- 75** min of yoga

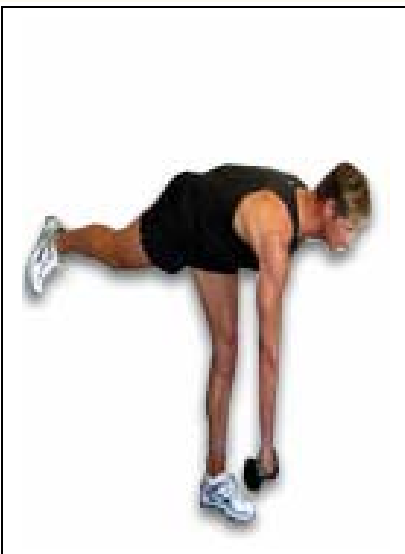
Baby Food

Parents of newborns often complain that their babies don't come with owner's manuals. Thanks to an innovative program developed at the Columbus Children's Hospital in Columbus, Ohio, the little tykes may start coming into the world with a lifelong diet plan.

The program, developed by Robert Murray, MD, director of the hospital's Center for Healthy Weight and Nutrition, includes take-home information about portion sizes, when to snack, when to eat out, planned meal times, structured and unstructured play, and limiting television time. It helps doctors and parents create a pattern of better eating habits for children from birth. Pediatricians can follow up during well-child visits. "The critical habits of a lifetime, in terms of eating and activity, are really laid down in the first years of life", Murray says. "So if you're going to win in obesity prevention, you need to be there first." The program is being tested in Ohio, and Murray hopes it will spread nationwide.

-- *Heart-Healthy Living*

EXERCISE OF THE MONTH



One-legged RDL with opposing hip extension.

1. Hold dumbbell in one hand. From standing posture, with a flat back (shoulders back and down, chest out, back arched slightly at the pelvis) posture, concurrently lower torso down toward parallel while raising leg on the same side as dumbbell toward parallel. Use glutes and hamstrings to raise the leg up. Keep knee of leg on the ground straight – neither bent nor locked. Allow dumbbell to hang in front of body with arm straight.
2. Once furthest range is reached, return to upright position. Repeat.