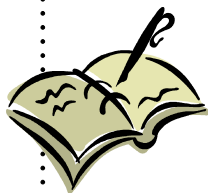


Lose Twice the Weight by Tracking Your Food

-- By Nicole Nichols, Health Educator

You hear all the time that to lose weight, you should track what you eat. Well, a 2008 study published in the *American Journal of Preventive Medicine* shows that keeping a "food diary" may double your weight loss efforts.

Researchers from Kaiser Permanente's Center for Health Research kept tabs on 1,685 overweight and obese adults...and asked them to record their daily food intake and exercise minutes.



After 20 weeks, the average weight loss was 13 pounds per person. But researchers discovered something else; the more participants recorded what they ate, the more weight they lost in the end. Participants who did not keep a food diary lost about 9 pounds over the course of the study, while those who recorded their food intake six or more days per week lost 18 pounds—twice as much as those who didn't track any food!

Consider trying an online tracker if a hardcopy's not for you.

www.sparkpeople.com

WALK KANSAS!



Walk Kansas 2011 will be March 13 to May 7. Registration for each team is due in the Harvey County Extension Office by

FRIDAY, FEBRUARY 18th

Registration fee is \$7.00 per person, with T-shirts costing \$6.00 each for Small-XL, and \$7.60 for 2XL.

Get your team together, choose a team name, fill out a little paperwork, order a T-shirt (if you like), pay the fees, choose a challenge, start walking, and most of all.....HAVE FUN!

CONGRATULATIONS USD 373

The district has been dedicated to improving the health of our students and recently has joined with the Kansas Coordinated School Health council.

**The district has received a
planning grant!**

In the near future, look to see your building working on structural details. These may include performing the CDC Health Index and forming individual school Wellness Councils.

Food; That Steal Your Sleep

www.realage.com

At some point or another, it happens to everyone: You can't sleep. When you finally drop off, the alarm buzzes a microsecond later. Then, you can't get up. And then, it gets worse: When you finally drag yourself out of bed, you look like you-know-what.

Can't imagine why the sleep gods had it in for you? Think about what you ate the night before, says Elizabeth Somer, RD. Any of the following —much less a combo platter—can leave your body on uneasy street for hours:

Spicy foods: Garlic, chilies, cayenne, and other intense spices are yummy going down, but they can keep you up with heartburn or indigestion. Avoid MSG, too, as it can trigger dreams that are a bit too vivid.

A big dinner: An overtaxed digestive system takes hours to settle down, and there's nothing restful about that. When sleep's critical, make lunch your largest meal.

Raucous veggies: Eat those good-for-you-but-gassy foods (beans, cauliflower, broccoli) in the middle of the day. A thankful of gas can keep anyone up at night.

Speed eating: Relax and enjoy meals to avoid swallowing air, another common cause of tummy trouble

Nightcaps: Alcohol may make you drowsy at first, but later on it disturbs sleep patterns and leads to awakenings and restlessness

Coffee after breakfast: Caffeine can linger in your body for as long as 12 hours. So if you're often wide-eyed at bedtime, make sure you're caffeine-clean for at least 12 hours



Healthy Recipes for Frazzled Parents

www.realage.com

Oatmeal Cookie Pancakes: To regular pancake batter, add oats, raisins, chopped walnuts, cinnamon and a bit of brown sugar.

Graham Sandwiches: Spread half a graham cracker with low-fat cream cheese; top with a little raspberry puree and the other graham cracker half.

Smoothies for 2: Combine 2 frozen bananas, 1 cup frozen strawberries, 1 cup low-fat vanilla yogurt, and 3/4 cup juice in a blender.

Breakfast Burritos: Spoon scrambled eggs into warm whole-wheat tortillas, top with shredded low-fat cheese, a dollop of low-fat yogurt or sour cream, and salsa.

A Feast for Giants: Gather bell-pepper strips, cherry tomatoes, baby carrots, broccoli, and cucumber slices. Mix up to 8 ounces of plain low-fat yogurt with some chopped dill, a little Dijon mustard, and a dash of soy sauce.



RESOURCES

Fit Day: (online food journal)

<http://www.fitday.com/>
<http://myfitnesspal.com/>

Upcoming area races (run/walk/cycle):

www.runwichita.org

Center for Disease Control & Prevention:

www.cdc.gov/HealthyLiving/

Local Wellness Activities:

www.newtonrec.org/

Healthy Diet (get a personalized food plan)

www.mypyramid.gov

The Daily Plate (through LiveStrong)

<http://www.thedailyplate.com>

Dining Out

www.menuopia.com



Upcoming Events



- **St Mary School (2 mile)-Newton**
March 12, 2011, 9:00am -Camp Hawk
- **Hutchinson St. Patrick's Race (10k, 5k)-Hutchinson**
March 12, 2011, 10:00am -Hutchinson YMCA
- **Fools Day (5k and 1 mile) -Salina**
April 2, 2011, 10:00am -Bill Burke Park
- **Fight for Air Climb (34 floor climb) -Wichita**
April 9, 2011, 9:00am -Intrust Bank Arena
- **Cardio & Sculpt (10k and 2 mile)-Wichita**
April 23, 2011, 8:30am -Sedgwick County Park
- **Emma Creek Classic (5k) -Hesston**
April 30, 2011, 9:30am -Hesston High



Food Rehab: Junk-food Makeovers realage.com

Here's a few ways to healthy-up those common cravings so you can indulge occasionally without busting your good-eating intentions and tipping the scales.

Pizza: With more and more pizza places offering healthier options, all you really have to do is order smart. Ask for thin, whole-wheat crust, half the cheese and extra chicken and heart-friendly veggies.



Burritos: You're on the right track by opting for the soft tortillas, not fried taco-style. For the filling, choose chicken, black beans, or seafood. Top with salsa and a little guacamole—its heart-healthy good fats also unlock extra antioxidants in the salsa's tomatoes. The only thing you should skip: sour cream.



Banana Split: Start with a version of vanilla ice cream that has half the fat, like many of the slow-churned ice creams. Top with sliced bananas, fat-free chocolate, and walnuts or slivered almonds.