

# INNER STRENGTH

Fit Words for Everyday People

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Free Hi 5 Class

Feb. 14<sup>th</sup>!

Email/call to register!

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**Big Daddy Pizza, Pork Egg Rolls & Double Hot Dogs?** This is a sample of what is listed on the January lunch menu on Wake County Pubic School's website. It's no wonder why last summer, the American Academy of Pediatrics (AAP) issued a startling recommendation – in light of the childhood obesity epidemic and the childhood onset of adult diseases such as type 2 diabetes and metabolic syndrome, the AAP advised pediatricians to consider prescribing cholesterol-lowering medications for certain high-risk patients with elevated levels of LDL cholesterol. Now thousands of children as young as eight may be taking the same medication as their grandparents!

Ok... so not the usual happy news you get in the intro to *Inner Strength*, but at **Hi 5 Fitness**, we are committed to helping our youth 'just 2b fit.' Did you hear the laughter, see the soft balls flying in the air, and hear lots of giggling kids who were under a parachute talking about eating healthy? I did... and so did over **20 Hi 5 Fitness kids** who joined our program by the end of our first week. And that's only the beginning of amazing things to come for many of these children ages 5 to teens who are learning how to be healthy by eating from the "5" food groups and getting at least "5" days of great physical activity every week. We're helping build healthy bodies and healthy minds. Visit our website at [www.Hi5Fitness.com](http://www.Hi5Fitness.com) to learn how your youth can join in on our healthy fun and make amazing things happen. See you soon! -Susan



The **Skinny** Of the Month



No More Excuses!

**My kids won't eat anything healthy.**

## Small Changes = Big Results

Very few children get the exercise they need these days, especially with the lure of so many screens with so many functions, coming in almost as many sizes. The result is a legacy of youth obesity in kids as young as six years old and well into their teens. Try these tips to help your youth become more active:

**Set a good example** by choosing action over electronics whenever you can. Walk to the store instead of driving, take the stairs, and choose a rake over a leaf-blower.

**Play together.** Kids love your attention. Get your child off the couch by taking him to the playground or outside for a game of catch.

**Praise effort, not results.** Your child won't be able to ride a two-wheeler or sink a basket on her first attempt. To fend off frustration, be sure to acknowledge how hard she's trying.

**Offer positive reinforcement.** If your child makes a healthy choice, notice—out loud. When he learns a new skill, record it on video and show it to friends and family.

**Ask your child to teach you.** Is she a star skater or a whiz at softball? Request a lesson! Kids to show off what they do well!

**NEVER use food as a reward or exercise as a punishment.** Never assign push-ups after a bad grade or laps around the block in response to bad behavior. Food rewards teaches kids that food can change their mood, and that it's OK to eat when they're not hungry (not to mention that most treats are high in added sugar, fat, or salt). Instead, offer praise, hugs and kisses, and plenty of your time—doing something active together.

I've heard from lots of parents who have said those exact words to me over the past few weeks. Here are a few things you can do to get your kids (and YOU!) on a healthy eating plan.

1. Teach your kids to cook. Most kids enter the kitchen and head right for the refrigerator to get a snack. If you invite your children into the kitchen and teach them how to cook, you will find that they are more willing to try new, healthy foods. Try making fun things such as "ants on a log" (google for the recipe) and vegetable bracelets. Having them involved makes them appreciate food more.
2. Eat as a family. Plan at least one family meal every day. You don't have to count calories or fat grams. Just eat sensibly and use this family time to discuss the importance of nutrition and exercise.

*As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit [www.SusanCaldwell.com](http://www.SusanCaldwell.com) for more information.*