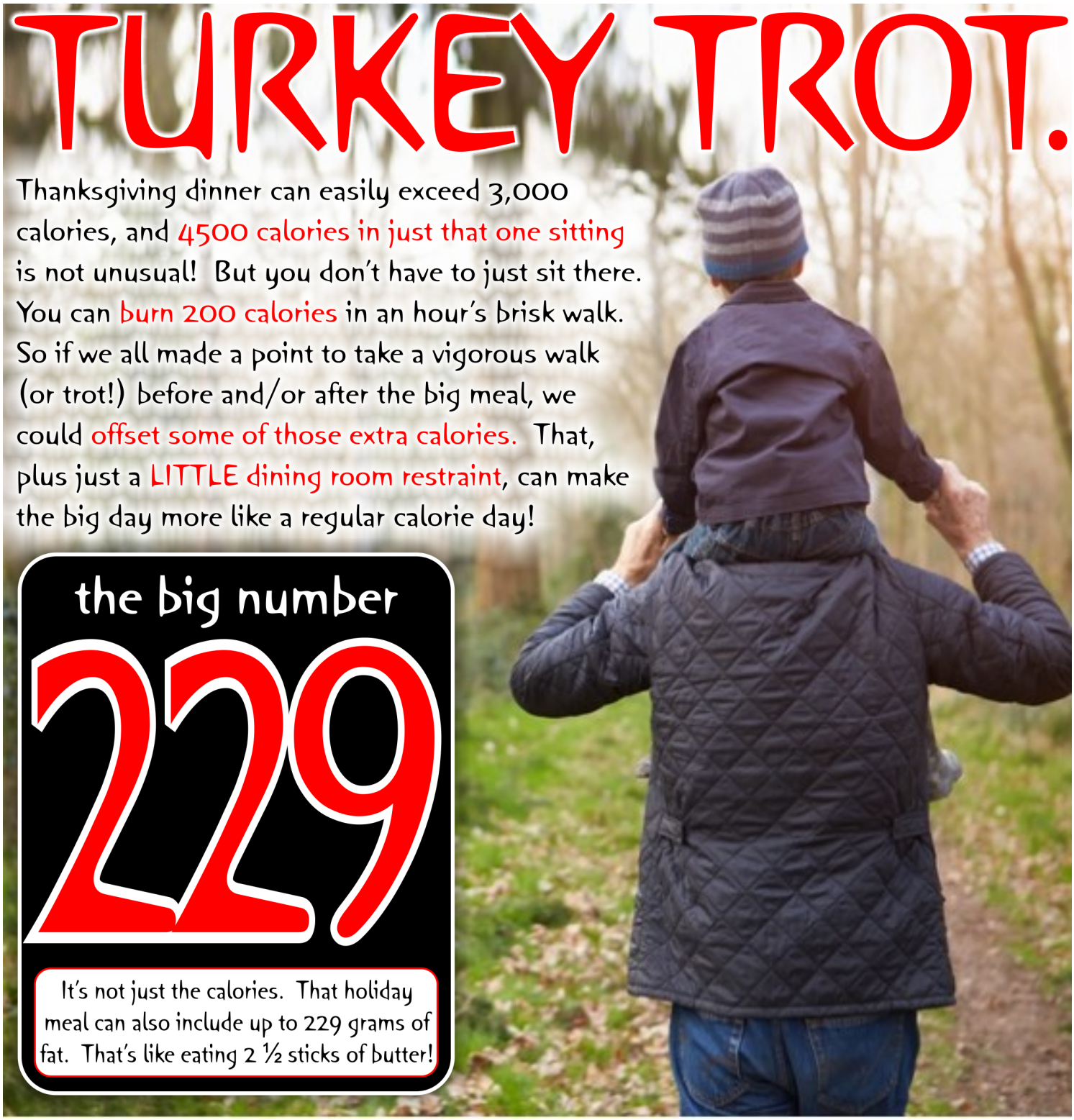
TURKEY TROT.

Thanksgiving dinner can easily exceed 3,000 calories, and 4500 calories in just that one sitting is not unusual! But you don't have to just sit there. You can burn 200 calories in an hour's brisk walk. So if we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those extra calories. That, plus just a LITTLE dining room restraint, can make the big day more like a regular calorie day!



the big number

229

It's not just the calories. That holiday meal can also include up to 229 grams of fat. That's like eating 2 ½ sticks of butter!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

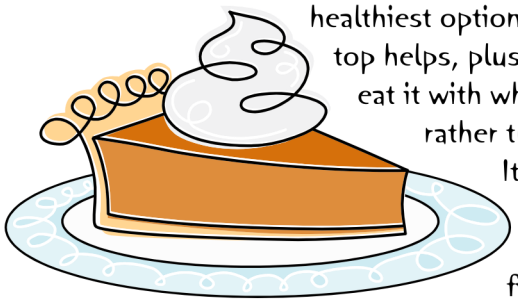
"TURKEY TROT"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

PUMPKIN PIE

It's not polite to turn down dessert, right?! So at least you can choose pumpkin pie, which may well be your healthiest option. No crust on top helps, plus you usually eat it with whipped topping rather than ice cream. It even contains about 2.4 grams of fiber per slice!



PLAY HARDER

As the weather turns colder, you don't need to spend a lot of money to keep working out inside. You can get a bike trainer like this one brand new for about $50, put any old bike on it, and you've got a cardio workout machine the whole family can use!

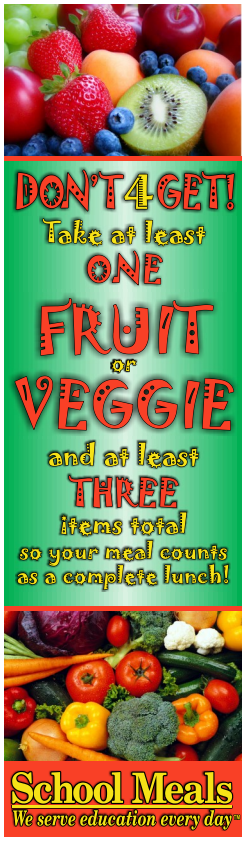
LEARN EASIER

Although they aren't in school, kids can learn a lot at Thanksgiving – about their family tree! Encourage the older folks to tell stories of when they were young, and encourage kids to ask questions. They'll remember what they learn forever!

LOVE HEALTHIER

At Thanksgiving, a lot of different foods get thrown together on the table. And, for many families, Thanksgiving also throws a lot of different PEOPLE together – people of different generations, viewpoints, priorities, feelings, and life experiences – who might not even interact a lot over the rest of the year. This isn't a time to focus on differences, but on what we have in common, and to realize that we only have so much time in a year and in a lifetime with the people we love, so we need to love them as much as we can! It's healthier for us all!

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, fat-free and low-fat milk (unflavored or flavored) may be offered, but kids can choose not to take milk if they choose enough other items.



This newsletter is provided as a wellness resource by Rush-Henrietta Food Service Department.