

# Stonewall Elementary

# Healthy Times

January 2012  
Page 1

Healthy Times is a monthly newsletter meant to educate and encourage Stonewall families to live a healthier life. If you have an inspirational story or an active child that deserves recognition, please email it to [sngbluegrass@gmail.com](mailto:sngbluegrass@gmail.com)

## Stories That Inspire

### ***"Start is the Key Word; Baby steps, baby!"***

# Michelle Jones, mom of 4 kids—Jacob (11th), Abby (8th), David (5th) and Caleb (2nd), wrote to us one day and these words struck a chord. So much so, that we asked Michelle to share her resolution and her plan of action with everyone. We hope her words will inspire you as they did us!!

***"My husband and I made a resolution to eat healthier food and lose weight."***

I started making a weekly menu & grocery list years ago. It used to be just a list of dinners to make. But now thanks to a site called [www.moneysavingmom.com](http://www.moneysavingmom.com), I've been copying ideas from moms who post their goals, recipes, etc. There's nothing like new inspiration to motivate me!

***"It's a matter of planning and being intentional."***

My kids are wonderful at holding me accountable. I'll say "When we get home, after chores & homework, we'll ride to Shillito Park or take our bikes to Wellington Park" Trust me they hold me to it!

***"It's like they have little magnets built in pulling them to the Wii or TV"***

We have a rule that you have to have your bed made and chores and homework done BEFORE Wii/TV time. The smartest thing electronics makers did was create active game choices. Over Christmas Break, we played *Just Dance*, it was fun and embarrassing (for me)!

***"Sometimes all it takes is doing ONE thing differently each week!"***

This is something I learned in Weight Watchers years ago. It may sound lame but it worked for us!

***Set it, Start it, Share it!***

1) Set a goal, 2) Start with one small change 3) Share the goal with people! They will help hold you accountable & give you encouragement and ideas when needed.

## Stonewall Teachers

### ***"Join the Party"!***

Parents and students should be proud! The Stonewall Kindergarten teachers are taking steps into a healthier future by attending Zumba classes! The 60-minute workouts are part dance and part exercise. Classes incorporate bodily movements like hip shaking, arm swinging, leg pumping and hand clapping; all of which result in a vigorous cardio workout that can burn anywhere from 400 to 800 calories while having a GREAT TIME!



# Stonewall Elementary

# Healthy Times

January 2012

Page 2

We'd LOVE to hear  
your Healthy New Year's  
Resolution!

Post it on our Facebook page  
and help us inspire others to  
do the same!



Awesome Kids Doing

Awesome  
Things!!



## KIDS... WE WANT YOUR RECIPES!!

We're looking for healthy, kid-friendly recipes! Share your favorite healthy snack with us and earn a spot in our recipe book! TWO recipes will be chosen and featured at Winterfest!! Be sure your recipes are healthy, tasty, easy and affordable! Be sure to email your recipes to Sarah-Ashley at [sasolie@me.com](mailto:sasolie@me.com) by Feb 8th.

## Chase the Blues Away...

Don't let winter get the best of you! Try these indoor activities to keep your spirits and fitness levels up.

- 1. Bring outdoor games in!** Play basketball with a soft foam or sponge ball, or just wad up some newspaper; the hoop can be any basket or receptacle (either hung on the wall or resting on the floor). Have kids shoot from different parts of the room or in different ways, in an indoor version of HORSE. Basketball not your speed? Try indoor bowling.
- 2. Lights, Camera, Action!** Have any fitness videos? Break them out and do them together. If you're bored with your selection, see what's offered on cable or hit the library/video store. Want more fun and lasting family memories? Challenge your kids to choreograph their own routines, then film them with your video camera!
- 3. Rainy Day Construction Site** Break out the couch cushions, old blankets, hula hoops, cardboard boxes, etc and have the kids build a fort or an obstacle course. Be sure to do the obstacle course with your kids! It's much more fun that way.
- 4. Up, Up and Away!** Blow up some balloons and play keep-away or "volleyball." Or use paper fans to play a version of table tennis: Use your fan to create gusts of air to blow your balloon across the table towards an opponent—get it past them to score a point. (Remember, the scraps from popped balloons are a choking hazard, so take precautions if you have small children.)
- 5. Get you Game On!** Stock your toy shelf with indoor games and toys that encourage kids to move, from classics like Twister to new hits like the Nintendo Wii and Xbox 360 with Kinect. Or try reading health & fitness books for kids; they encourage active play and other healthy choices.

# Stonewall Elementary

# Healthy Times

January 2012

Page 3

## OFF THE COUCH!

Are you looking for fun, healthy activities to get you and your family off the couch? If so, check out the following activities Lexington has already arranged for you!



1/28/12:  
29 FLOORS. 638 STAIRS.

On January 28th, you are invited to climb to the top of the Lexington Financial Center. Once you reach the top, look out at the breathtaking view of downtown Lexington. Then enjoy a celebration with food, drinks & entertainment at the Survivors' Party outside of the Lexington Financial Center! 13 years old and older are welcome to participate! Worried it might be too much? Don't!! There will be four (4) bailout points along the course that offer water, restrooms, medics, and the opportunity to bail out and take the elevator back down to the lobby.

## SHAMROCK SHUFFLE 3K



The 6th Annual Shamrock Shuffle 3K is a fun, family road race benefiting Lexington Habitat for Humanity.

RUN, WALK, OR SHUFFLE through Downtown Lexington on Saturday, March 17th!

## INTERESTED IN EVERYDAY ACTIVITIES??

Try some of Fayette County's finest parks and trails!!

- Legacy Trail
- Shillito Park
- Raven's Run
- Arboretum Trail
- Beaumont Preserve
- Stonewall Park
- Wellington Park
- Coldstream Park

## Quick and Easy Vegetable Soup



### Ingredients

- 1 (14 ounce) can chicken broth
- 1 (11.5 ounce) can tomato-vegetable juice cocktail
- 1 cup water
- 1 large potato, diced
- 2 carrots, sliced
- 2 stalks celery, diced
- 1 (14.5 ounce) can diced tomatoes
- 1 cup chopped fresh green beans
- 1 cup fresh corn kernels
- salt and pepper to taste
- Creole seasoning to taste

### Directions

1. In a large stock pot, combine broth, tomato juice, water, potatoes, carrots, celery, undrained chopped tomatoes, green beans, and corn.
2. Season with salt, pepper and Creole seasoning. Bring to a boil and simmer for 30 minutes or until all vegetables are tender.