

Meet a Kid2Kid Celebrity

Koby Washington starred in the Step Aerobics routine for the HealthMPowers DVD *Classroom Exercises for the Body and Brain*. Try to spot him next time you watch it.

I spoke to Koby Washington, now an 8th grade basketball star at Davis Middle, about how he has stayed healthy since helping with that video 4 years ago.



Kid2Kid: What do you remember about helping make the DVD?

Koby: I remember playing Tarzan, dancing on stage, learning the air step routine, AND meeting Atlanta Falcons Keith Brooking, Alge Crumpler, DeAngelo Hall, Brian Scott and the cheerleaders.

Kid2Kid: So, what sports do you play?

Koby: I play low post on the school basketball team. I am also a linebacker and full back for the school

football team. Plus, I run track and play golf.

Kid2Kid: Do you have any health goals for the future?

Koby: I want to play football for the Flowery Branch Falcons.

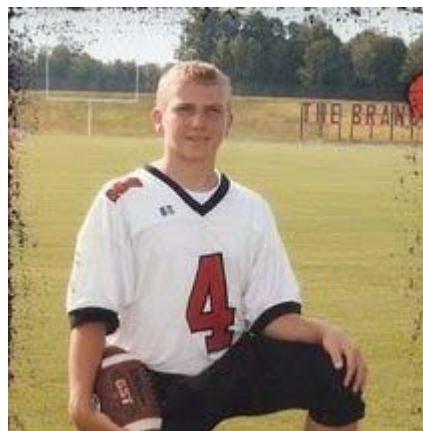
Kid2Kid: What types of food do you like to eat?

Koby: I'm a big fruit eater. When I go to the grocery store, I love to get pineapple, green apples, and strawberries. Before a game I usually eat a lot of carbohydrates, like pizza or pasta and drink Powerade. Plus, I love **Waffles with Peanut Butter** (see pg 4 for Koby's special recipe).

Kid2Kid: Are there any important things you want kids to know?

Koby: Get out and play. Don't spend all your time in front of a screen.

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January 2010

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Game of the Month: Koby's Recipe for Staying Healthy in 2010

Ingredients

Low **fat** foods

Low **sugar** foods

5 or more servings of **fruits** and **vegetables** everyday

Lots of **water** everyday

2-3 Servings of **milk** everyday

Exercise and play (at least 60 minutes a day)

Reduced **screen** time



Fill in the blanks with the words in bold above!

When choosing healthy snacks and foods to eat, mix low _____ foods and low _____ foods for the right combination of texture. Toss in at least 5 or more servings of _____ and _____. These ingredients could include foods like bananas, apples, broccoli, lettuce - to name a few. Fold in a daily dose of _____ or play. This daily dose should be stirred for at least 60 minutes, making sure to get your heart rate up. After stirring, cool by drinking lots of _____ each day. This will hydrate you, allowing for more daily exercise to be added. Add a cup of _____, 2 or 3 servings to be exact. This will help build strong bones. To keep the healthy you simmering, reduce _____ time to two hours or less a day. The more time you have away from a screen, the more time you'll be able to exercise.

The recipe for health is easy! Just follow the directions above, and you'll be on your way to a healthier 2010.

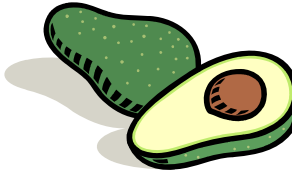
Create your own recipe for health for 2010 in the space below and send it to me at: kid2kid@HealthMPowers.org

On the Fatty Side

Have you ever taken the time to look at nutrition labels on the foods you eat every day? Some of the foods we normally eat can have high amounts of fat, and we should all try to limit the amount of these types of foods. Most of us should only have 30 grams of fat per day. But, a McDonald's Happy Meal with a cheeseburger, small fries, and low-fat milk has 27 grams of fat all by itself!

So how can we reduce our fat intake?

- 1) Eat lots of fruits and vegetables because they don't have any fat...except for avocados! Have you



ever tried one? They taste good and are good for you.

The kind of fat that they have is a healthy fat, provided you don't eat too much of it. 😊

- 2) When you go to a fast food restaurant, try ordering a grilled chicken sandwich and splitting an order of French fries. If the restaurant has fruits or vegetables, order some. That's even better!



Meet a Kid2Kid Celebrity (cont.)

Kid2Kid: Any words of wisdom?

Koby: If you don't get a full hour of exercise one day, don't sweat it. Make up for it the next day.

Koby's Golden Rule:

If you play a video game for 30 minutes, spend twice the amount of time playing hard outside or exercising. It's okay to play video games, but make sure you are getting plenty of physical activity.

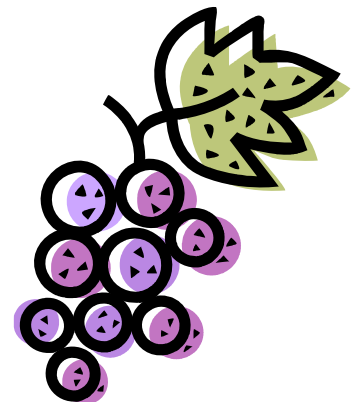
Fun Facts:

Did you know there are four different types of fat? They are called saturated fat, monounsaturated fat, polyunsaturated fat, and trans fat.

Joke of the Month:

☺ What did the one fruit say to the other?

Grape to meet you.



Do You Want to be a Kid2Kid Writer?

Being a Kid2Kid writer is easy. Just write an article about yourself, a recipe, a health-related joke, or something you do to stay healthy and active! Send it with a picture of what you are writing about, your first name, age, and school to kid2kid@healthmpowers.org.

Be sure to ask your teacher and parents first, though.

Send your article to us on or before January 22nd. It's that simple! Don't worry if you don't see your article right away, it may show up in a future newsletter or on our website.

Recipe of the Month: Koby's Basketball Snack

Ingredients: 2 whole grain waffles and peanut butter

Directions: Toast both waffles in the toaster. After toasting, spread peanut butter on one side of each waffle. Now put them together and you have a peanut butter and waffle sandwich.



Do YOU want to be a Kid2Kid celebrity just like Koby Washington? If so, send us a recipe for how you stay healthy and answer these questions. What activities do you participate in? What healthy foods do you eat? How will you stay healthy in the new year?

Kid2Kid Newsletter Monthly Focus

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to kid2kid@healthmpowers.org.

February- Exercise or play for 60 minutes every day.

March- Read food labels.

April- Limit high sugar foods.

May- Healthy summer fun.