

March
2011

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Big Brothers Big Sisters

BIG BROTHERS BIG SISTERS OF SHELBY AND
DARKE COUNTY, INC.

HEALTH AND FITNESS TIPS OF THE MONTH....

Ditch 5 Pounds Without Trying: Little everyday moves that make the weight melt off naturally. By Ayren Jackson-Cannady

December 2010 issue of Health.com, pp. 49-50

Pro pointers:

Push Yourself (just a little). "If you ride the bus, walk part of the route. If you walk, walk faster. If you run, run farther..."

Think String Cheese. "Americans eat, on average, around 30 pounds of cheese a year! ...reach for low- or no-fat varieties..."

Power Up Your Yogurt. Combine yogurt with cereal for an energy boost for breakfast.

Catch Some ZZZ's. "Sleep at least 7 hours a night to help regulate the hunger hormone."

Be Careful With Your Dough. "Lose the deli breakfast bagel and switch to a 100-calorie English muffin."

Reader-tested tricks:

Downsize the Dairy. Watch for fat content in dairy.

Go (a Bit) Vegan. Make a veggies-only meal.

Grab a Mini. Save calories by choosing a kids meal with healthy sides if you crave fast-food.

Take a Stand. Stay on your feet as much as possible, standing to watch TV, and walking whenever possible.

"Shop This Way"

Meat and Fish: Shoot for 95% lean or higher.

Dairy: Don't buy a brick. (Avoid too much cheese.) And, Go Greek. At home, mix in some fresh fruit and high-fiber cereal (to your yogurt).

Fruits and Vegetables: Grab a rainbow, and Shop on delivery day.

Grains: experiment to add new elements to your menu.

Health.com, September, 2009.

The 7 Best Fat-Blasters: Ever wonder which at-home exercises torch the most fat and calories? Here's how they stack up. By Su Reid-St. John

30 minutes of calorie burn:

- Inline skating—425 calories
- Running—374 calories
- Jumping rope—340 calories
- Hula hooping—300 calories
- Tennis—272 calories
- Dancing—221 calories
- Walking vigorously—170 calories

Spring into ACTION!

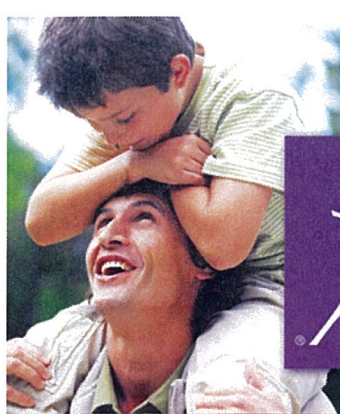
Don't look back. Make good choices today!

Dr. Robert Wallace reports on Tips for Healthier Eating:

- More fresh vegetables
- More fresh fruits
- More fiber
- Less fat
- Less salt-cured smoked foods
- More variety
- Fewer heaping portions



Help vulnerable children beat the odds!
Our programs are proven to help kids succeed in school, avoid drugs & alcohol, and break negative cycles.
Recruit volunteers today to help them get there!





Big Brothers Big Sisters of Shelby and Darke County, Inc.

Mailing Address: PO Box 885, Sidney, OH 45365
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Darke County Office: 205 E. Fourth Street, Greenville, OH 45331

Phone: 937-492-7611 or 937-547-9622
e-mail: info@bigbrobigsis-shelbydarke.org

**Start Something...
Make a Positive and Lasting Impact!!!**

**[We're on the web @
www.bigbrobigsis-shelbydarke.org]**



Upcoming Events...Mark your calendars!!

- Friday, April 1 - Quarters For Kids 2011 - Newport Sportsmen's Club
 - Saturday, April 16, 9am-12pm - YMCA Healthy Kids Day - Sidney
 - Saturday, April 16, 12-2pm - YMCA Healthy Kids Day - Greenville
 - Thursday, June 23 - Duck Derby & 5K - Tawawa Park in Sidney
 - Saturday, June 25 - Kids Around the Square—downtown Sidney
- RSVP for all events to 547-9622 or 492-7611**

Healthy Living for a Lifetime is the agency theme this year in collaboration with Dannon and their 2010 Next Generation Grant. Our goal is for everyone to become more physically fit and nutrition savvy. We truly want to inspire everyone to lead a healthier lifestyle.

Dannon website notes, "Good physical and mental health, plenty of exercise and a balanced diet with nutritious foods like Dannon yogurt are key to keeping your mind and body strong. Explore the topics [on the website] to learn more about maintaining your healthy lifestyle."

Find us on
Facebook!

Make a BIG impact!!
Recruit a volunteer to-day! It only takes a few hours two times a month to impact the life of a child!!
Volunteer today!

This publication is sponsored by a 2010 Dannon Next Generation Nutrition Grant provided by The Dannon Company, Inc.