



HCSF Newsletter



February
2011

Take heart! Besides being the month of love and friendship, February is also **American Heart Month**. The best way to take care of your heart is by being physically active and eating a variety of heart healthy foods. This month, why not turn off the TV, and get active for a **healthy heart!** We've got plenty of tips to get you moving and some **"heart-y"** recipes to keep you fueled up and ready for action!

Jump Around!

Remember that your heart is a muscle. If you want it to be strong, you need to exercise it. So, how do you do that? Be active in a way that gets you huffing and puffing, like dancing, jumping rope, or playing basketball. This month we're featuring jump rope games that will get everyone's heart thumping!

Trying chanting these "Jump Rope Raps"



"My three cousins climbed a tree.
How many leaves did they see?
1-2-3-4-5-6-7-8....." Keep going as high as you can!

"I have a basketball hoop by the lake.
How many baskets can I make?
1-2-3-4-5-6-7-8....."



"My grandmother had lots of bread to make.
How many loaves did she bake?
1-2-3-4-5-6-7-8....."

"Apples, peaches, pears and plums
Tell me when your birthday comes,"



Skip really fast and say the months of the year (Jan, Feb, March etc) trying to not get out until you reach the month of your birthday.

"Cinderella, dressed in **yellow**
went upstairs to kiss a fella
made a mistake
and kissed a snake
how many doctors
did it take?"



Count the jumps until someone messes up, then pass the jump rope on to the next player!

No jump rope on hand? Try playing "LAND, WATER"

On hearing the word **"land"** players jump forward, on hearing the word **"water"** they jump backward. Then the word **"land"** is suddenly changed into **"bank"** which still means players jump forward. Then the word **"water"** may be changed into **"sea"**, **"lake"**, **"river"**, etc. (players jump back). The players who goof up are out.

Movin' & Groovin'

Fitting in exercise can be easy when you combine it with other activities.

- ♥ Instead of playing the "While you're up game", get up off the couch and get your own drink or put the movie in yourself. ☺ See how many extra steps you can squeeze in each day!
- ♥ Go out for a short walk before breakfast, after dinner, or both! Start with 5-10 minutes and work up to 30 minutes. - *Being active doesn't have to happen all at once!*
- ♥ Stretch to reach items in high places and squat or bend to look at items at floor level. Remember – lift with your legs, not your back!
- ♥ Put your favorite music on while doing household chores. You can dance with your kids or by yourself. Time will fly!

Strawberry Roll-ups

- ♥ 4 (6 inch) soft tortillas
- ♥ 8 Tablespoons low-fat strawberry cream cheese
- ♥ 1 cup fresh OR frozen and thawed sliced strawberries
- ♥ 8 Tablespoons slivered almonds (optional)



Directions:

Spread two tablespoons of cream cheese to the edge of each tortilla. Add ¼ cup strawberries to each, spread down the center. Sprinkle two tablespoons almonds onto each tortilla. Fold the edges of the tortilla in, about two inches. Now roll the tortilla up- jelly roll style.

Slice into 2-inch bites for the perfect Valentine's Day snack or serve one whole tortilla for a special Valentine's Day breakfast!

C WITH YOUR KIDS



BOOK

Send the candy hearts and sugary cupcakes packing! Make these heart healthy cookies together and send them to school, or take a weekend afternoon for a baking marathon! This recipe combines two favorite flavor combos for a yummy, cake-like cookie!

Oatmeal, Raisin, Peanut Butter and Banana Cookies

Ingredients

- 1 very ripe banana, peeled and mashed
- 1 cup reduced fat peanut butter
- ¼ cup white sugar
- ½ cup packed brown sugar
- 2 egg whites
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 tsp cinnamon
- 1 cup instant oats
- 1 cup raisins



Directions

1. Preheat oven to 325 degrees.
2. In a medium bowl, stir together mashed banana, peanut butter, white sugar and brown sugar until smooth. Then mix in the egg whites. Add flour, baking soda and cinnamon, mix until just blended, then stir in the oats and raisins.
3. Drop cookie dough by heaping spoonfuls onto a cookie sheet. Bake for 18 minutes in the preheated oven. When cookies are done, remove from the baking sheet and cool on wire racks.

Heart Healthy Foods – Mix and Match

Physical activity isn't the only way to keep your heart healthy - certain foods also help keep your ticker in fine form! Heart healthy foods include high-fiber foods, like whole grains, fruits, and vegetables. Below, we've listed some of the healthiest foods for your heart – and we've given you some meal suggestions that incorporate a few of each. Can you think of other combinations? Mix and match to your heart's content!

Oatmeal

Berries

Nuts

Spinach

Olive Oil

Legumes (like black beans, kidney beans, lentils)

Whole grains (barley, wild rice, brown rice)

Fish

Avocados

Try these combos:

- ♥ Oatmeal with toasted almonds and berries
- ♥ Spinach cooked with a small amount of olive oil
- ♥ Lentil, Ham, Rice and Barley soup – see our super easy recipe →
- ♥ Fish tacos with avocados and tomato salsa

Lentil, Ham, Rice and Barley - Slow Cooker Soup

What could be easier than dumping a few ingredients into the slow cooker and coming back to a meal? Try this easy and heart healthy soup after a day of sledding or a winter hike!

Ingredients

- ♥ 1 cup orange lentils
- ♥ 8 cups water
- ♥ 1 small onion, chopped (or 2 Tbsp dehydrated if in a hurry)
- ♥ ¾ cup diced carrots and ½ cup diced celery
- ♥ ½ cup barley
- ♥ ¼ cup brown rice
- ♥ 12-16 oz diced low fat ham
- ♥ black pepper to taste



Directions: Put everything in the slow cooker. Turn to Low and let it cook all day. Add a small amount of salt (~1/2 to 1 tsp) if you leave out the ham.

Contact Me!

If you've got a topic you'd like to see us cover in the newsletter, or you have a story about healthy changes your family has made that you'd like to share, email me at kate.cronin@fammed.wisc.edu