



Greater Austin Hispanic
Chamber of Commerce
Expanding Business Culture

Project Summary for

Wii Can be Healthy

No Barriers to Health and Wellness

2011 Hispanic Austin Leadership Health and Wellness Team

- Jerry Hernandez
- Luke Martinez
- Leticia Mendoza
- Andrew Olivera
- Simon Porras III



Table of Contents



	<u>Page</u>
• Executive Summary	1
• Project Details	
• The Issue	2
• Building Partnerships	3 - 4
• Actions and Events	5 - 7
• Project Impact	8 - 9
• Team Structure	10
• Financial Summary	11
• References and Acknowledgements	12 - 13
• Appendix	14 - 19



Project Overview

The Health and Wellness Team uncovered a wide variety of different health related problems facing the community as we conducted our research and met with community leaders. However, health education and access seemed to be a common theme within many health related issues in Central Texas.



Exercise and a healthy eating plan are essential to a healthy mind and body. A person's mood, mind, and outlook on life plays a big part in contributing to a healthy individual. Simple steps toward healthy living can help reduce a person's risk of heart disease, cancer, stroke and other serious diseases. Children with disabilities are more likely to be sedentary, putting them at higher risk of developing obesity-related conditions. In addition, many families who have a child with a disability are closer to the poverty line, thus further limiting their ability to promote and create a healthy and fit lifestyle.

Our project objective is to help provide health education and access to children with disabilities by providing new and innovative ways to exercise and eat right. The *Wii Can be Healthy* program began in an effort to promote good exercise and healthy eating for children with disabilities. The regimen would combine the Wii gaming technology for exercise and several easy to follow, healthy eating suggestions. The plan was developed to not only help children with disabilities but their families as well. This effort helps the entire family to build a new habit of healthy living.

With the help of Easter Seals Central Texas and our corporate sponsors, the Health and Wellness team was able to provide an innovative exercise and healthy eating program to twelve children with disabilities and their families. As a reward for completing the twenty one day program, the families were able to keep the Wii gaming system and Wii Fit software as well as all of the healthy eating tips and gift certificates to help get things started.

The legacy of the *Wii Can be Healthy* program will continue with two additional gaming systems and televisions donated to Easter Seals Central Texas. Our team had the opportunity to conduct a Wii training session for the therapists who received the innovative exercise program with a great deal of enthusiasm. In fact, many of the therapists have already begun leveraging the Wii systems in their clients' plans of care.



Identifying The Need

Raising a child is no easy task. Keeping a child eating right and physically fit is something a parent has to consider on a daily basis. All parents want the best for their children and most understand the steps that help promote healthy eating and physically active lifestyles. These habits are instilled at a very early age. Steps towards healthy living can help reduce your risk of heart disease, cancer, stroke and other serious diseases. But what if your child has a disability?

- **Families raising children with a disability**

- One in every 26 American families are raising a child with a disability.
- Families raising children with a disability have a lower median income than other families.
- Families raising children with a disability are more likely to live in poverty than others.
- Children with disabilities are more likely to be sedentary, putting them at higher risk of developing obesity-related conditions.
- 20% of Hispanics with the presence of disabilities live in poverty in America.



- **In Travis County (Austin, Texas) there are over 23,000 individuals with disabilities.**

- **Individuals with disabilities are growing in Central Texas**

- Easter Seals Central Texas, a non-profit organization in Travis County , served:
 - September 1, 2008 – August 31, 2009 – 2,914 individuals
 - September 1, 2009 – August 31, 2010 - 7,381 individuals
 - 253% increase

- **Hispanics in Central Texas served by Easter Seals Central Texas**

- 2009 – 51% or 1,486 of ESCT clients are Hispanic
- 2010 – 54% or 3,985 of ESCT clients are Hispanic
- 268% increase from 2009 to 2010

Children with disabilities and their families sometimes lack access to the proper resources or an environment that would allow them to get the physical education and exercise that can contribute to healthy living.



Project Details

Building Partnerships

*The HAL Health and Wellness Team partnered with many influential businesses and community leaders in order to bring the **Wii Can be Healthy** program to life.*



Easter Seals Central Texas: Easter Seals provides exceptional services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work and play in our communities. Easter Seals Central Texas was selected as a partner in our *Wii Can be Healthy* program due to the quality services they provide to individuals with disabilities and their willingness to embrace new ways to provide individuals with the skills and knowledge they need to ensure long lasting health. Easter Seals Central Texas not only provided access to our participants but also contributed employee resources to assist with the program through integration of the Wii Fit exercises into their therapy programs.



GameStop: GameStop’s corporate philosophy believes that the communities they serve are the backbone of their business and therefore seeks to foster growing, vibrant communities that create an environment where their business can prosper. As such, GameStop was excited to become a corporate sponsor for the *Wii Can Be Healthy* program, contributing enough Wiis and balance boards to fully equip our program.



H-E-B: For more than 100 years, H-E-B has shown commitment and involvement in the community. Their corporate philosophy includes the belief that the community they serve is an important part of the way they do business. They contributed healthy foods to serve as refreshments and ingredients for our healthy meal demonstrations. Through our healthy eating consultant, Kylie Bentley, they provided guidance in our development of the healthy eating guide and habit tracker used in our program. In addition to this, H-E-B provided our program participants with the graduation gift of a \$25 gift card and several healthy recipes to help them continue their healthy eating habits.



Univision Radio: Univision Communications has the most comprehensive set of Spanish-language media platforms to reach, engage and connect with U.S. Hispanics and is actively involved in community development activities. They were instrumental in our development of print and video production needs. The Univision Radio staff provided invaluable assistance as they translated all program materials to Spanish and provided strong expertise and resources to develop our program video and presentation.



Austin Energy: Austin Energy has a strong culture of community involvement and believes in the importance of giving back to the community. They were eager to support our effort by providing a \$1,000 donation which was used to purchase project materials including two television sets for participant use at Easter Seals.



Bank of America: Bank of America possesses a strong corporate culture of employees who are passionate about giving back to the communities they serve. With health and human services being one of the five philanthropic focus areas of Bank of America, they were eager to provide support to our program in the form of meeting facilities, technological resources, lunchboxes, and frisbees for all program participants.

Project Details

Building Partnerships



The HAL Health and Wellness Team partnered with many influential businesses and community leaders in order to bring the Wii Can be Healthy program to life.

Miriam Nisenbaum: Ms. Nisenbaum is the Vice President of Clinical Services at Easter Seals Central Texas and was selected as our professional expert on individuals with disabilities. Miriam is a Master’s level social worker licensed in the state of Texas and certified nationally with over thirty years of experience. Miriam served as a key partner in bringing our program to the children of Easter Seals and provided great insight around the health needs for children with disabilities, specifically those having to do with healthy eating and physical activity.



Kylie Bentley: Ms. Bentley is a licensed dietitian and certified LEAP therapist working at H-E-B as an in-store nutrition expert. Kylie partnered with the HAL Health and Wellness team to bring healthy eating habits to our participants by providing education around the components of a healthy diet and several easy to make, healthy snacks.



Monique Peña: Ms. Peña is the owner of Caribbean Fitness Certified Personal & Group Training and is also the creator of the “JALEO” merengue-salsa aerobics video. Our partnership with Monique brought great experience and innovation to our program with her as our fitness consultant. Monique developed a twenty one day fitness program leveraging the Wii consoles and led our participants through a series of engaging exercise activities during our kickoff event.



Belen Enriquez: Ms. Enriquez is a certified personal trainer with Shape Up Fitness and has spent years conducting aerobic boot camp seminars throughout Austin. Belen served as a great partner, reviewing key fitness learning ideas with our program participants and leading them through a Wii assisted exercise session during our program graduation event.





Project Details

Actions and Events

The Wii Can be Healthy Program Mission

Our Mission in this program was to design and execute a program that would help children with disabilities to have a good understanding of healthy eating behaviors and strong exercise routines that will help them to develop good habits for a healthy lifestyle. We define a healthy lifestyle as one that incorporates nutritious foods and physical activity on a daily basis. Food choices should include a wide variety of colorful fruits and vegetables, whole grains, low-fat dairy and lean proteins with a small amount of healthy fats. Foods that are high in sugar and/or fat can be enjoyed in moderation. Physical activity may be defined as continuous movement that increases your heart rate and should be fun!

Our Concept

Many children with disabilities possess the primary goal of being able to live independently when they grow up, therefore our program was designed to assist a group of twelve children and their families in their endeavor to set a strong foundation for healthy living. Our program participants came with a wide variety of diagnoses including autism, speech delay, idiopathic toe walking, abnormality of gait, motor coordination disorder, hyper-mobility syndrome, developmental delay, lack of coordination, and attention deficit hyperactivity disorder. These diagnoses require minimum to maximum hand over hand assistance which is why the Wii meets their need perfectly.

The Importance Of Family Involvement

Supportive parents play an important role in their children's lives. The health habits a parent demonstrates sets the foundation for those that the child will develop. By educating and including the parents in this program, we were able to improve the entire family's chances of building long lasting positive health habits. This family involvement also ensured that the participating children did not feel alone in this new lifestyle. Making lifestyle changes can be challenging, but when a family works together and supports each others' efforts, they are more likely to succeed. Over time, this support system will cause their healthy habits to become routine and they will be well on their way to improving their family's health together.

Leveraging Technology

It is important for children with special needs to receive quality physical activity as it helps them to develop proper motor skills. The Nintendo Wii and Wii Fit were instrumental in bringing our fitness program to our participants due to its simple, easy-to-use controls. With the highly engaging approach to exercise and game-play, we found that our participants were not only eager to play the games, they were excited about exercising as well. This enthusiasm for exercise allowed us to deliver a quality fitness experience to our program participants.





Establishing Strong Exercise Habits

Monique Peña, Certified Personal trainer, leveraged her extensive knowledge of fitness to create a personal fitness program for the participating children and families of Easter Seals Central Texas. Monique's program concentrated on three general ideas: Fitness Tips, Wii Fit Exercises, and a Fitness Tracker. Monique shared some key tips that would allow our participants and families to easily integrate exercise in their day and introduced our participants to the habit tracker tool which they would use to log all exercises performed over the twenty one day program. Finally, she conducted an interactive demonstration in order to teach the participants and their families about the four fitness areas that the Wii Fit system provides: aerobics, balance, strength, and yoga. Armed with a strong knowledge of the benefits of regular exercise and the ability to utilize the Wii system to meet those needs our participants were ready to learn about the other half of a healthy lifestyle, proper eating habits.

Making The Right Choices For A Healthy Diet

Kylie Bentley was selected as our dietary professional and consultant for the healthy eating component of our program. She is a licensed dietitian and certified LEAP therapist working at H-E-B in Westlake Hills as the in-store nutrition expert for both consumers and employees. Kylie was instrumental in helping our team develop a healthy eating program that was both educational and easy to follow for our participating families. In our healthy eating habits program, Kylie led a workshop that included an interactive Food Pyramid lesson where she taught the families to identify the five food groups: grains, vegetables, fruits, dairy, and proteins. In addition, she educated the families about daily serving sizes needed and portion control at meals by creatively using your palms as personal measuring tools. Families engaged in a hands-on learning activity where they prepared a healthy snack, a peanut butter-banana tortilla roll-up. Before leaving the workshop, each family received Kylie's 'Top 10 Actions' list on how to kick-start their family to healthy living that included tips on taking vitamins, drinking water, and how to plan their meals. Children left Kylie's healthy eating workshop energized and it was encouraging to hear that each were impressed with how delicious a healthy snack could taste. Parents were surprised to learn how different portion sizes differ from person to person; especially those from a child to an adult. Many parents and children felt encouraged to go home and make changes in their eating habits.





Project Details

Actions and Events

Keeping The Momentum

Our participants each received their choice of an English or Spanish version of our healthy habits guide and habit tracker during the kickoff seminar. They would use to this tracker to record their progress throughout the twenty one day program. The habit trackers provided a simple layout that allowed participants to indicate the number of daily exercises performed as well as their healthy eating choices.

Providing Ongoing Support And Measurement

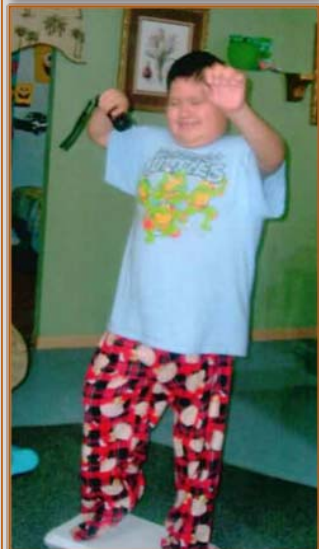
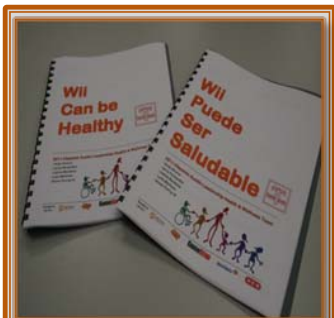
Participants received additional support in their transition to a healthy lifestyle as a part of their weekly visits to Easter Seals. Their therapists took advantage of the opportunity to use the Wii Fit in their sessions where appropriate and distributed a weekly tips document available in both English or Spanish. With the assistance of Kerry Mecusker, an MSW Intern at Easter Seals Central Texas, we were also able to provide additional support and measure the impact of the program through a weekly call with each family to discuss their progress with the program.

Celebrating Successes

During the twenty one day program, the children made significant progress in both their eating habits and exercise behaviors. In order to reinforce these behaviors, we invited Belen Enriquez, a Personal Fitness Trainer from Shape-Up Fitness, to lead our participants through a final fitness activity. Belen led our participants and their parents through a thirty minute group exercise program using the Wii Fit as one final lesson in the benefits that the system can provide to the whole family. At the completion of the exercise session, participants were able to attend an additional healthy eating demonstration and received five additional recipes for inexpensive healthy family meals available in English and Spanish. H-E-B was also generous enough to provide each participant with a twenty five dollar H-E-B gift card in order to purchase the ingredients for the healthy meal of their choice. Our graduation event was capped off by presenting medals to each of our participants and the added surprise that all participants would be able to keep their Wii and Wii Fit in order to sustain their healthy habits!

Creating A Legacy

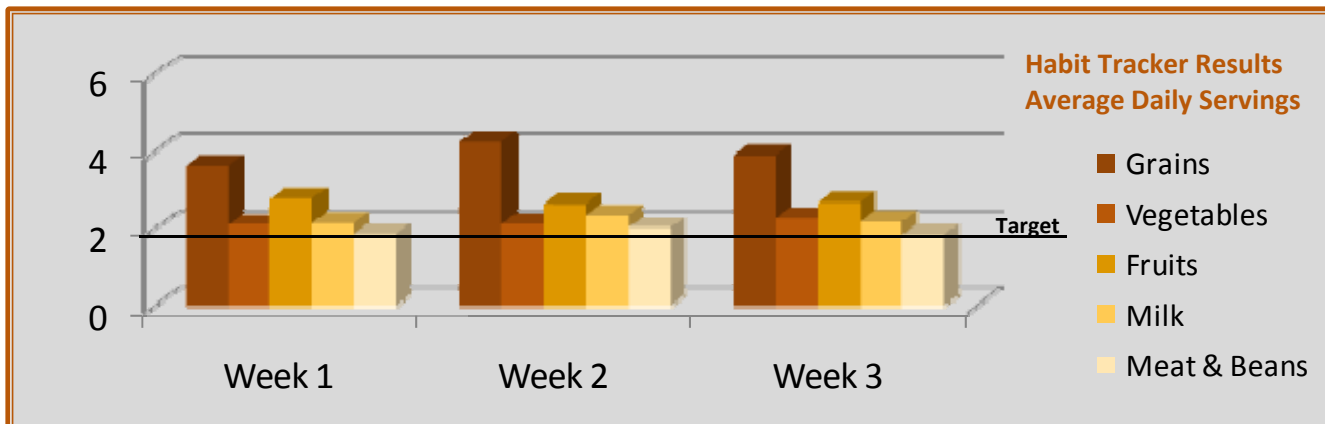
In addition to the donation of Wiis to our program participants, we also were able to provide the Easter Seals facility with a donation of two Wii systems, two Wii Fit software (board and game), and two flat screen television sets to be used with their clients for years to come. The Easter Seals staff is excited about the opportunity to leverage this technology after a brief in-service to teach the therapists about usage of the machines. In fact, many of them have already begun to experience the benefits that the Wii brings to their clients fitness needs.





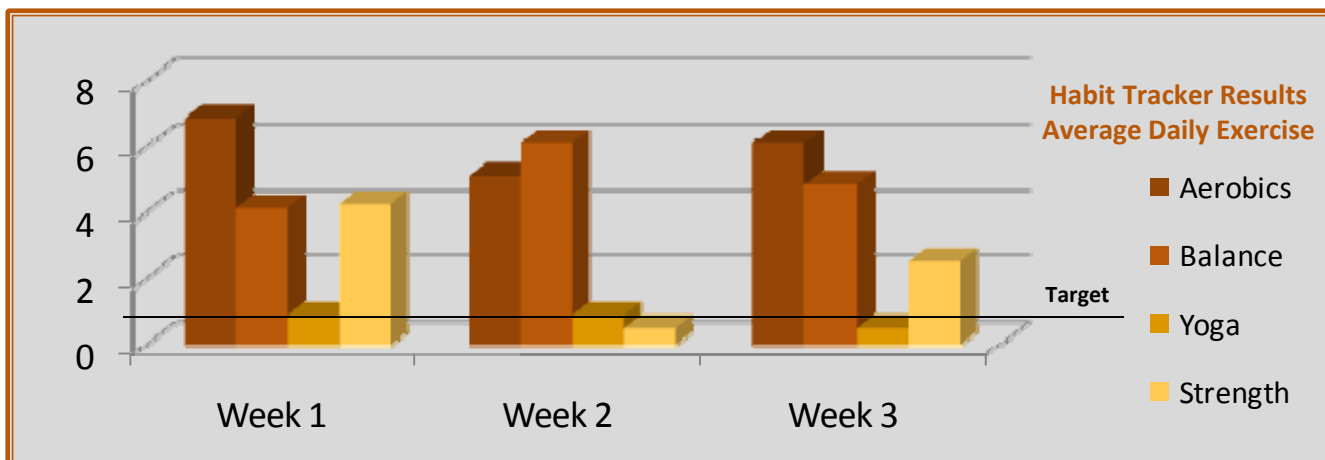
Measuring The Impact Of Healthy Eating

Each child in our program diligently recorded their progress on their Habit Tracker to keep a record of their food groups and serving sizes of meals each day to accompany their log of physical activity. Taking what they learned in Kylie’s seminar, we anticipated that they would start their healthy eating journey on the right foot with this record keeping tool. We were able to use the Habit Tracker to show that each week the average of serving size per food group increased. Each parent was asked to help facilitate our ‘Wii Can be Healthy Quiz’ at our kick-off course and then again at graduation. **The comparison in quiz results pre and post program showed gains of 15% in our participants’ ability to recognize the choices with more nutritional value after completion of the program.**



Measuring The Impact Of Wii Exercise

In addition to the significant progress that our participants made in their eating habits we had many success stories with the fitness component of our program. Using the Wii’s internal tracking system we were able to validate that our participants included their family members in the program and used the Wii on a consistent basis with one of our highest users exercising as much as **six hundred and ninety-one minutes** throughout the course of the program and burning over **seven hundred and eighty calories!** After analysis of our participant’s Habit Trackers we were able to validate that our participants were using the Wiis on a consistent basis with the majority of the participants far exceeding our target usage of one to three exercises in each category per day. An even more exciting discovery was that the children spent the majority of their time engaged in the aerobic and balance exercises which is precisely the area that will benefit them most, given their respective disabilities.





Making a difference in children's lives

The greatest reward that the HAL Health and Wellness team experienced while participating in this program was the opportunity to personally witness the positive change that we were able to make in the lives of many of our participants. Below are a few highlights of the impact that this program had on these very special children.



Estefania has a diagnosis of hyper mobility syndrome, a condition that features joints that easily move beyond the normal range expected for a particular joint. She receives physical therapy at Easter Seals to strengthen her muscles and joints. When Estefania completed our program, she had accumulated **six hundred ninety-one minutes** of usage of the Wii console and burned a total of **seven hundred and eighty calories**. Her mother informed us that Estefania is unable to be in a physical education class at her school because the course requires maximum activity and her disability won't allow for it. But with the introduction to the Wii, she can now simulate various sports and still receive a great amount of exercise and fitness.



Maximo has a diagnosis of motor-coordination disorder and speech delay. He struggles with balance and motor-planning. He attends Easter Seals to receive speech and occupational therapy to better his communication skills and coordination. Max completed our program with a total of **four hundred and fourteen minutes of usage** on his Wii console and burned a total of **seven hundred and forty-six calories**. Mrs. Aviles was concerned that he may have difficulty with some components of the program due to frequent struggles he has accomplishing certain tasks. One night he was having struggles with one of his favorite games, the tight rope, with repeated attempts and no success. After countless attempts to reach the finish line, Max was finally able to reach his goal. That one achievement brought a big smile to Max's face and tears to his mother's eyes as she witnessed him accomplishing something that normally he wouldn't even try to do.



Jose is diagnosed with receptive/expressive language disorder and lack of coordination. He receives speech therapy and occupational therapy during his visits to Easter Seals. Jose completed twenty one days of exercise on his Wii and burned a total of **three hundred and fifty-two calories**. His mother was happy to help him achieve his goal and explained that Jose benefitted from our program because it got him moving more and allowed him the opportunity to follow directions by reading words on the screen. The challenge of having to listen and follow the on-screen instructions provided Jose with a great learning opportunity and helped in the development of his receptive and speaking skills.

Team Structure

Roles and Responsibilities



Team Member	Role	Responsibilities
Jerry Hernandez	<i>Project Manager</i>	<ul style="list-style-type: none"> • Provided direction through organization of team meetings • Secured a one thousand dollar donation from Austin Energy • Coordinated community leadership interviews • Oversaw development of fitness program and served as liaison to fitness expert Monique Peña
Luke Martinez	<i>Project Administrator</i>	<ul style="list-style-type: none"> • Organized and compiled team data • Coordinated and hosted team meetings and technological resources for virtual communication • Coordinated participant kickoff and graduation events • Final binder preparation
Leticia Mendoza	<i>Finance Officer</i>	<ul style="list-style-type: none"> • Led participant program kickoff and graduation • Secured donations from H-E-B • Coordinated development of nutritional component of our program • Managed team budget and kept record of donations
Andrew Olivera	<i>Marketing and Communications</i>	<ul style="list-style-type: none"> • Secured GameStop donation • Filmed events and coordinated video production • Conducted participant interviews • Secured translation services
Simon Porras III	<i>Research/At Large</i>	<ul style="list-style-type: none"> • Coordinated and executed participant follow-up • Led participant selection • Served as on-site participant and parent liaison • Oversaw research



Financial Summary

The HAL Health and Wellness team values the importance of the Greater Austin Hispanic Chamber of Commerce’s mission of Health and Wellness in the community and this is why we chose to seek partnerships with organizations and companies whose mission would help to align with our vision.

We secured **eleven thousand forty dollars** in goods and services and used **none** of the **five hundred dollar** allotment from our HAL allocated budget! The entire project that immediately impacted the lives of twelve Easter Seals families, plus the countless more families that will benefit from the ongoing *Wii Can be Healthy* program through the Easter Seals’ Wii consoles that will be retained in-house, would not be possible without the generous grant from GameStop.

Our vision to create a program to provide access to families of children with disabilities with new habits that promote a healthy lifestyle through Wii technology, will live on beyond our project and that is a true testament to its’ success.

Contributors & Expenses	Description	Type	Amount \$
Austin Energy	Cash donation	Cash	\$1,000
Bank of America	Give-away prizes, administrative services and meeting space	Donation	\$500
Easter Seals	Occupational/physical therapist and Intern services	Value	-
GameStop	(14) Wii bundles and Wii Fit Plus with balance board	Donation	\$4,760
H-E-B	Healthy refreshments and ingredients for recipes	Donation	\$400
H-E-B	(12) \$25 H-E-B gift card for each program completion participant	Donation	\$300
H-E-B / Kylie Bentley, R.D.	Nutritional program and recipe expertise: 8 hr. x \$125/hr.	Value	\$1,000
Shape Up Fitness / Belen Enriquez	Fitness expert - led graduation activity: 4 hr. x \$45/hr.	Value	\$180
Univision Radio	Translation services: 35 pages x \$.16/word	Value	\$1,400
Univision Radio	Copy & binding services: 25 x \$20/booklet	Value	\$500
Univision Radio	Video production: \$100/min.	Donation	\$1,000
TOTAL VALUE OF GOODS & SERVICES			\$11,040
Bat City Trophy & Awards	(12) Participant Graduation Medals	Expense	(\$50)
Best Buy	(2) Flat panels for Easter Seals	Expense	(\$540)
Caribbean Fitness / Monique Peña	Fitness expert and exercise program development	Expense	(\$150)
GameStop	(1) Wii bundle and Wii Fit Plus with balance board for Easter Seals	Expense	(\$244)
EXPENSES TOTAL			(\$984)
GAHCC FOUNDATION FUNDS UTILIZED			\$0



Many individuals contributed to the success of our Wii Can be Healthy program and we would like to formally thank them for all they have done to positively impact our program participants and their families.

Edward Gomez: Mr. Gomez has over twenty eight years of experience working with Hispanic communities to further increase access to quality healthcare. He provided key insights around the growing number of young Latinos growing up with bad exercise and eating habits due to a lack of education and empowerment to make a change.

Sylvia Acevedo: Ms. Acevedo leads Feria Para Aprender, the largest Spanish-language educational event in the United States. She identified a lack of health and wellness education in elementary and middle schools as a key area in need of improvement. The root cause of this gap is poor accessibility to instruction, facilities and equipment which creates a resultant unhealthy lack of exercise. This environment, coupled with poor food choices, is a fundamental cause of all other health problems.

Geronimo M. Rodriguez Jr. : Mr. Rodriguez currently serves as Vice President of Diversity and Community Outreach with Seton Family of Hospitals in Austin. Geronimo provided some key insights around the root cause of poor health among our youth including one that would become a cornerstone of our project, a need to establish both a personal and a family responsibility for maintaining a focus on family health.

In alphabetical order by organization

Austin ISD

- Tracy Lunoff, Coordinator of Health Services
- Michelle Rusnik, Coordinator of Adaptive PE Program

Community Action Network

- Vanessa Sarria, Executive Director

Easter Seals Central Texas

- Kerry Mecusker, MSW Intern
- Kevin Coleman, President & CEO
- Kendalia Powlesson, Collections Coordinator

Greater Austin Hispanic Chamber of Commerce

- Brittany Taunton, HAL and Education Program Manager
- Myndi Garrett, GAHCC Board of Directors, HAL Chair

Physicians Health Choice

- Luz Lopez-Guerrero, Network Coordinator

Univision Radio

- Crystal Valenzuela, Account Coordinator
- Betsy Aida Alvarado, SVP/GM Assistant
- Roxanne Bower, Marketing and Account Coordinator
- Stella Alvarez, National Account Coordinator
- Oscar Chavez, Sales Intern





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Wii Can be Healthy

No Barriers to Health and Wellness

Appendix

- Participant Materials – English
- Participant Materials – Spanish
- Healthy Recipes





Appendix

Participant Materials - English

Wii Can Be Healthy

2011 Hispanic Austin Leadership Health & Wellness Team
 Andy Olvera
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 Simon Porras II

Table of Contents

- **Wii Can Be Healthy Program**
 - Program Overview
- **Healthy Eating**
 - Top 10 Ways to Optimize Your Nutrition
 - Healthy foods & serving Sizes
 - Food Pyramid
 - Food Tracker
- **Fitness**
 - Fitness Tips
 - Wii Fit Exercises
 - Exercise Tracker
- **Habit Tracker**

Wii Can Be Healthy Program Kickoff

- **8:45 – Healthy Refreshments**
- **9:00 - Program Kickoff**
- **9:10 – Breakout Groups**
 - Intake & Mii Setup
 - Nutrition Workshop
 - Fitness Workshop
- **10:40 – Wii Can Be Healthy Program**

Wii Can Be Healthy Program Agreement Summary

ENCTO/ADOC HSA (Stallions) Fitness Program Participant Consent Agreement Form

I have granted permission to participate in the ENCTO/ADOC HSA "Wii Can Be Healthy" health and wellness program. In consideration for the acceptance of participation, benefits, income and access are claims or causes of action which were accrued against ENCTO/ADOC HSA project and its representatives or volunteers arising out of any injury and/or loss to me or my child during my participation in the program or during any ENCTO/ADOC HSA project activities, including any such injury or loss that may occur from any negligence on the part of ENCTO/ADOC HSA project or its employees, representatives or volunteers. I agree to waive all liabilities for any claims which I may have or may be asserted against me, my child or my estate, or for any benefits received, and agree to indemnify HSA, ENCTO/ADOC project and its employees, representatives or volunteers and to hold said parties harmless from any claims or causes of action.

I give consent to the ENCTO/ADOC HSA project to use my image in a promotional design created by photographers or illustrators on the public relations work of the project. In addition, I give consent to use my first and last name for the project and only for the purposes of the project. I hereby release the ENCTO/ADOC HSA project from any claims or obligations resulting from the use of my likeness or image.

I also agree to the following participant requirements:

- 1.) Take the Wii course home.
- 2.) Perform Wii activities provided to me with the Habit Tracker.
- 3.) Make notes in the Habit Tracker.
- 4.) Attend regular appointments at Lake Travis Control Tower.
- 5.) Take pictures with provided disposable cameras during Wii course activities at home.
- 6.) Return the Wii console and disposable camera at the end of the program.

This consent will not be cancelled at any time, in writing to the ENCTO/ADOC HSA project, but the cancellation will not affect any such claims already made prior to receipt of cancellation notice.

Optimal Nutrition Top 10 Actions

By Kyle Bentley, J.D., L.D., O.L.T.

1. Fill 1/2 of your plate with fresh fruits & vegetables, 1/4 with low protein & 1/4 with a whole grain starch.
Example: A palm size serving of grilled chicken, 1 cupped handful of brown rice pilaf, 1 cupped handful, each, of steamed broccoli & carrots.

2. Eat one handful daily of mixed raw, unseasoned nuts & seeds.
 - Add seeds to your morning oatmeal.
 - Try almonds with an apple for a snack.
3. Aim for all breads, pastas & grains to be 100% whole wheat.
 - Choose brown rice instead of white.
 - Enjoy whole wheat or corn tortillas instead of white flour.
4. Choose lean meats & low visible fat.
 - Grind cheese steaks. Choose chicken breast, turkey breast, fish and sugar free beef (90% ground, round or lean cuts) and trim visible fat.
5. 3 servings of calcium each day from dairy or non-dairy sources. Dairy is an excellent source of calcium and vitamin D. Both are helpful in bone growth and density. The USDA recommends between 2 to 3 cups of dairy a day, depending on age. **Example:** 1 1/2 cups milk, 1 cup yogurt for breakfast, 1 slice low-fat cheese as a sandwich for lunch and 1/2 cup low fat yogurt for snack.

Optimal Nutrition Top 10 Actions

6. Get your fiber! Aim for 25-30g each day from a variety of sources. Beans, grains and, of course, fruits and vegetables are great sources. Be sure to increase slowly to avoid discomfort.
 - **Example:** 1/2 cup plain oatmeal, 1/2 C cooked berries, 1/2 oz almonds, 1/2 C oat milk (by 8am)
 - Lunch: Turkey sandwich on 2 slice whole wheat bread, 1 C carrot sticks, 1 1/2 cup leafy green salad, 1 medium banana (1/2 8oz)
 - Snack: Apple (1 apple), 1/2 cup plain oatmeal, 1/2 C whole wheat spaghetti, butternut squash, 1/2 C mango salsa (1/2 8oz)
7. Drink plenty of water daily. Take your body weight in lbs, and divide by 2, then aim to drink that amount in oz each day.
 - 40 lb person = 20oz water per day
 - Start by adding one extra glass of water each day before an meal
8. Eat omega-3 rich fish 2 times a week.
 - Omega-3 are important fats that support the heart by lowering cholesterol & blood pressure. They boost brain power, memory and reduce joint pain.
 - Salmon, mackerel, tuna and sardines are great options.
 - If you don't eat fish 2 times per week, take a fish oil supplement.
9. Get your Vitamin D!
 - Vit D is important for bones, reducing aches and pains, reducing depression and lowering blood sugar.
 - 10 minutes a day in the sun without sunscreen may keep your Vitamin D levels up to normal.
 - If you do not receive regular sun exposure, and in winter months, you may consider taking Vit D over the counter- see your doctor.
10. Snack Smart!
 - Frequent snacking will keep your energy levels up and your blood sugar stable.
 - Skipping meals or going long periods of time without eating often leads to overeating from extreme hunger.
 - Keep healthy snacks (and in your desk, purse and car) so you are less tempted to eat the vending machine.
 - Fresh & healthy choices
 - Fruit and nuts
 - Whole grain granola bars
 - Carrot sticks and hummus
 - Low fat, low sugar yogurt with nuts
 - Hard-boiled egg with whole grain crackers

Optimal Nutrition Serving Sizes

How Many Each Day	What is ONE serving for a child six years and over
Grains 8 to 12 servings per day	<ul style="list-style-type: none"> Wheat or rice 1/2 cup + 1/2 teaspoon Other cereal 1/2 cup + 1/2 teaspoon 1/2 cup + 1/2 teaspoon each
Vegetables 8 to 10 servings per day	<ul style="list-style-type: none"> 1/2 cup of vegetables + 1/2 cup of fruit 1/2 cup of vegetables + 1/2 cup of fruit 1/2 cup + 1/2 teaspoon
Milk, Poultry, Fish, Shellfish, Dry Beans, Eggs, and Nuts	<ul style="list-style-type: none"> 1 cup of milk 1/2 cup of meat, 1/2 cup of fish, 1/2 cup of shellfish 1/2 cup + 1/2 teaspoon each
Meat and Alternatives 2 to 3 servings per day	<ul style="list-style-type: none"> Meat, fish, poultry, seafood, dry beans, eggs, nuts, tofu, tempeh, soy products, 1/2 cup of nuts 1/2 cup of nuts 1/2 cup + 1/2 teaspoon

Serving sizes above represent amounts to offer children in the 12 years. Children may eat more or less of meals or snacks. The children may eat serving sizes and numbers of servings will increase. Bring a variety of foods.

Optimal Nutrition Serving Sizes

What's a serving?

BE A HEALTHY BUDDY!

Tip for Reading Labels Right
 Always begin by reading the serving size. The amount of food in the container should be the same as the amount in the label. If the amount in the container is different from the amount in the label, you will need to adjust the amount you eat to match the label.

Healthy Food + Exercise = Good Health!

• Every time you eat a food from any of the five food groups listed below, place a checkmark in the box.

• The number of checked boxes should equal the smallest number of servings listed, or more.

Day	Grains	Vegetables	Fruits	Milk	Meat & Beans
Day 1	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2
Day 2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2
Day 3	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2
Day 4	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2
Day 5	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2
Day 6	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2
Day 7	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2	1/2 1/2 1/2



Exercise & Fitness Will 21 Day Workout Program

The Will 21 program will focus on four (4) important areas of your fitness: Aerobics, Balance, Strength and Yoga. All four areas are very important to your overall fitness. As you go thru the process, I am confident that you will have fun and at the same time will achieve your fitness goals. Listen carefully to the Will Trainer instructions and, as they would say just "go for it!"

Aerobics: Select one of the 3 to 4 programs to get started. Select the one that interests you the most. Once you have completed this one, then you can move to the next game. At some point, other games will be unlocked. You can choose from Breaks as well.

Balance: Again, you will find 3 to 4 game programs here. Select the one that you feel will have the most fun and enjoyment. Once you have accomplished the goal of that game, select another and have fun with it while improving your balance.

Strength: Do not move to this section until you have at least accomplished your goal on one of the games in the two sections above. While strength is very important, your aerobic condition and your balance will help you achieve your strength goal. Again, select one of the game modes and complete it before moving to the next game mode.

Yoga: Finally, Yoga will contribute to your overall conditioning and fitness and actually encompasses all of the three (3) areas above somewhat. Select the one game mode you think you would enjoy the most.

IMPORTANT NOTE: As with any exercise or sport, you should go at your own pace and intensity. Always listen to your body and make sure you stop any of the exercises if you don't like what you feel. Always keep water close at hand and take time to drink water before, during and after. Always keep your breathing consistent and try to maintain a good posture!

Sponsored by: GameStop, Best Buy, H&M, etc.

Exercise & Fitness Will Exercises

The following exercises are available on the Will Fit. Please choose 1-3 from each category per day to complete as a part of your daily fitness routine.

Aerobics		Balance	
Island Cycling	Steeple Heading	Steeple Heading	
Rhythmic Ninja Fu	Shi Jump	Shi Jump	
Free Step	Shi Station	Shi Station	
Free Step Jump	Shi-Station Station	Shi-Station Station	
Rhythmic Boxing	Take It	Take It	
Advanced Ring	Twilight Walk	Twilight Walk	
Super Ninja Move	Warrior Station	Warrior Station	
1 or 2 or 3 or 4	Program Shake	Program Shake	
Basic Ring	Latent Fusion	Latent Fusion	
Mixi Shop			

Yoga		Strength	
Bridge	Arm and Leg Lift	Arm and Leg Lift	
Chair	Balance Bridge	Balance Bridge	
Cobra	Jackknife	Jackknife	
Downward-Facing Dog	Jackknife Challenge	Jackknife Challenge	
Downward-Facing Dog	Jump	Jump	
Gate	Plank Challenge	Plank Challenge	
Mountain V	Pushup and Side Plank (Side Stand)	Pushup and Side Plank (Side Stand)	
Half Moon	Pushup Challenge	Pushup Challenge	
Plank Tree	Rowing Squat	Rowing Squat	
Shoulder Stand	Side Lunge	Side Lunge	
Upper Part of Downward Dog	Side Lunge	Side Lunge	
Space Extension	Single Arm Stand	Single Arm Stand	
Standing Knee	Single Leg Extension	Single Leg Extension	
Butt Retraction	Single Leg Stretch	Single Leg Stretch	
Tree	Single Leg Stand	Single Leg Stand	
Triangle	Tricep, Torso, Thigh & Waist Twists	Tricep, Torso, Thigh & Waist Twists	
Warrior Pose	Tricep Extension	Tricep Extension	

Sponsored by: GameStop, Best Buy, H&M, etc.

Healthy Food + Exercise = Good Health!

Every time you perform an exercise using your Will, place a checkmark in the box below.

You should do at least one exercise in each category per day and be sure to track how much time you spend exercising per day.

Day	Aerobics 1-3 times	Balance 1-3 times	Yoga 1-3 times	Strength 1-3 times	Minutes per Day
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

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Wii Can be Healthy

Habit Tracker

This Habit Tracker Belongs To: _____

Sponsored by: GameStop, Best Buy, H&M, etc.

Healthy Food + Exercise = Good Health!

Every time you eat a food from any of the five food groups listed below, place a checkmark in the box.

The number of checked boxes should equal the smallest number of servings listed, or more.

Day	Vegetables 1-2 cups	Protein 1-2 oz	Fruits 1-2 cups	Grains 1-2 cups	Dairy 1-2 cups	Meat & Beans 1-2 cups
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sponsored by: GameStop, Best Buy, H&M, etc.

Healthy Food + Exercise = Good Health!

Every time you perform an exercise using your Will, place a checkmark in the box below.

You should do at least one exercise in each category per day and be sure to track how much time you spend exercising per day.

Day	Aerobics 1-3 times	Balance 1-3 times	Yoga 1-3 times	Strength 1-3 times	Minutes per Day
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Sponsored by: GameStop, Best Buy, H&M, etc.

20 Kid-Approved Snacks

by Kate Berley, RD, MS, CI

1. **Island Smoothie:** 1 mango, 1 banana, or 1 C pineapple chunks blended with plain yogurt or milk.
2. **English muffin pizza:** toasted English muffin with pizza sauce, melted mozzarella cheese, and your favorite veggie (mozzarella, bell pepper, etc.)
3. **Mediterranean pita:** whole wheat pita bread with hummus, sprouts, and cucumbers.
4. **Perfect parfait:** 1/2 nonfat yogurt, 1/2 C whole grain cereal & 1/2 C blueberries, layered.
5. **Mini bean burrito:** black beans or kidney beans heated with low-fat shredded cheese and salsa, topped with 1 tbsp. low fat sour cream on a small whole grain tortilla.
6. **Delicious Dip:** low-sodium hummus with 1 or low fat cheese and carrot sticks rolled up.
7. **Half a peanut butter or turkey sandwich** on whole wheat bread.
8. **Turkey Quesadilla:** whole wheat tortilla w/1oz each, turkey, low fat cheese, melted.
9. 1/2 C unsweetened applesauce with 10 walnuts.
10. Small apple with 1 teaspoon peanut butter or 1 ounce low fat cheese.
11. **Applesauce dip:** celery with nut butter, topped with raisins or dried cranberries.
12. String cheese with a small piece of fruit or a few whole grain crackers.
13. 1/2 C Plain Cheerios with 12 almonds and 1/2 dried fruit.
14. Individual packs of carrots, celery sticks, or apple slices, with a protein source like a tablespoon of nuts, nut butter, or low fat cheese.
15. 1 ounce of turkey deli meat and 6 Triscuits.
16. Carrot sticks or Bell Pepper slices with 1/2 cup hummus.
17. 100-calorie pack of low fat popcorn.
18. Handful of dried tarted chips and salsa.
19. 1/2 C whole grain cereal, like Cheerios, with skim milk or low-fat yogurt.
20. 4 1/2-oz Dairy On-the-border crackers with 2T low-fat cream cheese & sliced strawberries.

Make Your Recipes Healthier

Substitute a few ingredients in your favorite recipe and you'll be on your way to a healthier meal.

Reduce Fat and Cholesterol:
Use nonstick sprays and nonstick pans.
Bake, broil, boil, grill, poach, or microwave instead of frying.
Religiously chill soups and stews, and then skim the oil off the top before reheating.
Cook vegetables in low-sodium broths or both instead of butter or margarine.
Use 2 egg whites or 1/4 cup egg substitute for each whole egg.
Trim fat off meat and remove skin from poultry before cooking.
Drain and rinse ground beef to a colander after cooking.
Use low-fat and non-fat milk, cheese, sour cream, and yogurt.
Use evaporated skim milk instead of cream.
Use oil instead of butter, solid margarine, or shortening.
Use baked goods, not 1/4 fat fat than the recipe requires.
Make gravy and sauces without fat. Thicken the broth or skimmed pan juices with cornstarch mixed with a small amount of cold liquid stirred slowly into the hot liquid.

Reduce Sugar:
Try cutting sugar by 1/4 to 1/3 in baked goods. Don't cut sugar in cakes or yeast breads.
Reduce or leave out sugar when cooking or freezing.
Buy canned fruit packed in juice or unsweetened frozen fruit.
Add vanilla or cinnamon to give a sweet taste with less added sugar.

Reduce Salt:
Cut salt in recipes by 1/4 to 1/2.
Choose lower sodium varieties of canned vegetables, soups, soy sauce, and ketchup.
Use herbs and spices. Don't use garlic salt, onion salt, or onion powder.
Use a small amount of wine to flavor cuisines, soups, and stews.

Increase Fiber:
Replace up to half of the white flour in a recipe with whole-wheat flour.
Use brown rice, bulgur, oatmeal, whole cornmeal, whole-wheat couscous, and barley.
Add fruit to muffins, pancakes, waffles, and desserts.
Add vegetables to breads, egg dishes, casseroles, soups, and salads.

Source: <http://www.health.com/pages/recipes-cooking-cooking/healthy-recipes>

Reading Nutrition Labels

Companies are closely regulated when it comes to making statements about the food they sell. Check out our easy-to-follow guidelines of nutrition labels.

1. Check the serving size. This is what the calories listed in total on. This tells you how much everything weighs. If the energy from the glucose or the whole package. This also explains how many servings are in the product. It's an easy way to know the rest of the information.
2. See the calories. Note that you know what calories are serving. You can see how many of a serving equals. If you are trying to cut back on fat, use of how many calories come from fat.
3. Keep an eye out. Try to limit the amount of total fat, cholesterol and sodium.
4. Percentage per serving. There's low daily values of fat, cholesterol and sodium. Aim for higher daily values of dietary fiber and vitamins. % of daily values is low: 20% or more is high.
5. Package claims. The few reasons there are less than 1/2 of fat per serving, 1 low fat means there are 1/2 of fat per serving. Low saturated fat is 1/2 of fat per serving.
6. Low and light. Low sodium has less than 10 mg of fat, 4 g of saturated fat and 95 milligrams of cholesterol per serving. A light product has 1/3 less calories or no more than 1/2 the sodium of a regular product.
7. Sodium free, low sodium and very low sodium. Sodium free equals less than 5 milligrams of sodium per serving. Low sodium has less than 145 milligrams of sodium per serving. Very low sodium has less than 35 milligrams of sodium per serving.
8. Cholesterol free and low cholesterol. Cholesterol free has less than 2 milligrams of cholesterol in 2 grams or less of saturated fat per serving. Low cholesterol has less than 20 milligrams of cholesterol per serving.
9. Good source. This indicates that a serving contains 10% to 20% of the daily value of a nutrient.

Source: <http://www.health.com/pages/recipes-cooking-cooking/reading-nutrition-labels>



Appendix

Participant Materials - Spanish

Wii Puede Ser Saludable

2011 Hispanic Austin Leadership Health & Wellness Team
 Andy Olivera
 Jerry Hernandez
 Leticia Mendez
 Luis Martinez
 Simon Porras II

Tabla de Contenido

- Wii Puede Ser Saludable
 - Descripción Del Programa
- Alimentación Saludable
 - Las 10 Formas De Optimizar Su Nutrición
 - Los Alimentos Saludables Y Tamaños De Las Porciones
 - Pirámide De Alimentación
 - Guía De Alimentación
- Ejercicio
 - Consejos de Ejercicio
 - Ejercicios Wii Fit
 - Guía de Ejercicio
- Identificador de Hábitos (Habit Tracker)

El Wii Puede Ser Saludable Empleo Del Programa

- 8:45 – Bebidas Saludables
- 9:00 – Inicio Del Programa
- 9:10 – Trabajo En Equipo
 - Instalación Del Wii
 - Taller De Nutrición
 - Taller De Ejercicio
- 10:40 – Wii Puede Ser Saludable

Wii Can Be Healthy Resumen del Acuerdo del Programa

ECT-GARC'S REAL Staff/Student Fitness Program Participant Consent Agreement Form

I have granted permission to participate in the ECT-GARC'S REAL "Wii Can Be Healthy" health and wellness program. In consideration for the assignment of participation, I hereby release and waive any claim or cause of action which may accrue against ECT-GARC'S REAL, project and its representatives or volunteers arising out of any injury and/or loss to me or my child during my participation in the program or being an ECT-GARC'S REAL project activity, including any such injury or loss that may result from my negligence on the part of ECT-GARC'S REAL, project or its employees, representatives or volunteers. I agree to assume all liabilities for any claims which I file in my personal capacity, from against any of said persons for injury or loss as herein stated, and agree to indemnify ECT-GARC'S REAL, project and its employees, representatives or volunteers and to hold said persons harmless from any claims or causes or actions.

I agree consent to the ECT-GARC'S REAL, project to use my image/dependent's image captured by photographs or otherwise taken in the public relations work of the project. In addition, I give consent to use my first and last name for the project and only for the purpose of the project. I hereby release the ECT-GARC'S REAL, project from any claims or liabilities resulting from the use of any likeness of myself.

I also agree to the following participant requirements:

- 1) Take the Wii exercise forms
- 2) Perform Wii workouts provided to me with the Habit Tracker
- 3) Make notes in the Habit Tracker
- 4) Attend regular appointments at Austin South Central Campus
- 5) Make purchases with provided disposable income during Wii exercise activities at home
- 6) Return the Wii console and disposable income at the end of the program

This consent can be cancelled at any time, by writing to the ECT-GARC'S REAL, project, but the cancellation will not affect any benefits already made prior to receipt of cancellation notice.

10 Maneras para optimizar tu nutrición

Por Helen Bentley, MS, RD, CSO

1. **Empieza tu día con la fibra de la fruta con frutas y vegetales frescos, 1/2 taza de frutas y 1/2 taza de verduras.**
 Ejemplo: Una porción de papaya, una taza de zanahoria de trigo, 1 taza de la fruta y 1/2 taza de verduras.
2. **Consumo diariamente una porción de leche, leche descremada sin sal y queso.**
 Incluye queso a tu comida por las proteínas.
 Prueba añadirlo a tus comidas como queso.
3. **Consume todo tipo de granos, panes y galletas que sean 100% de trigo integral.**
 Elige arroz de trigo integral o arroz de grano largo de buena calidad.
4. **Consume carnes bajas en grasa.**
 Algunos tipos de carnes incluyen pollo sin piel, pollo, pescado de agua dulce, pavo, carne de res (90% magra), vacas de leche y vacas de leche que sean bajas en grasa.
5. **Consumo 8 porciones de leche o de las alternativas de productos lácteos o no lácteos.**
 Los lácteos son una excelente fuente de calcio y vitamina D que ayudan a fortalecer el esqueleto y la densidad de los huesos. El USDA recomienda consumir 3 a 4 porciones de lácteos al día. Dependiendo de la edad de la persona. Siempre elige productos lácteos bajos en grasa o sin grasa.
6. **Ejemplo: 1 C** leche descremada sin sal por día o descremada, sin azúcar acompañado de una rebanada de queso bajo en grasa para el desayuno y un yogurt de 8 onzas bajo en grasa con el almuerzo.

10 Maneras para optimizar tu nutrición

1. **Obten la fibra. Puede comer media taza de frutas y 1/2 taza de verduras frescas.**
 Los frutos, los granos y el queso son las frutas y vegetales con los mejores niveles. Ejemplo: Un plato de papaya con 3/4 taza de zanahoria.
 Desayuno: 1 porción de arroz, 1/2 taza de frutas y verduras, 1/2 taza de leche descremada, 1 taza de leche descremada o 8 gramos de queso.
 Almuerzo: Sandwich de Pavo con 2 rebanadas de pan de trigo, 1 taza de zanahoria, 1 cucharada de aderezo francés bajo en grasa, 1 tomate (1/2 gramo de trigo).
 Sopa: Sopa de Espinaca y Papaya (el queso de trigo).
 Cena: 2 porciones de Espinaca verde, 1 cucharada de aderezo francés bajo en grasa, 1/2 taza de arroz integral, 1/2 taza de queso Manchego (1/2 gramo de trigo).
2. **Tomar mucha agua Para Hidratación.**
 Toma un litro de agua en la mañana y después por la tarde. Evita beber la cantidad de agua recomendada en exceso de agua por día.
 Prueba que pasa 1600 ml (1/2 gal) de agua al día.
 Intenta beber un vaso de agua antes de cada comida al día.
3. **Consume alimentos ricos en energía. 3/4 taza de queso o 1/2 taza de leche.**
 Los lácteos son una importante fuente de calcio que ayudan a construir y a mantener la fuerza ósea. Prueba añadirlo a tus comidas como queso.
 Prueba añadirlo a tus comidas como queso.
 Prueba añadirlo a tus comidas como queso.
4. **Consume Vitamina D.**
 La vitamina D es importante para los huesos, reduce el dolor, la depresión y ayuda a fortalecer la fuerza de los músculos.
 15 minutos al día, exposición al sol y un producto solar, puede ayudar a mantener los niveles de vitamina D en la normalidad.
 Si usted no tiene suficiente exposición al sol, puede necesitar tomar vitamina D, suplemento o un suplemento.
5. **Sea un atleta saludable.**
 Comer alimentos o bebidas frecuentemente ayuda a mantener los niveles de energía altos y a mantenerlos saludables.
 Pasar por alto los tiempos de comidas o no comer por períodos prolongados puede disminuir el metabolismo y causar un exceso de peso a largo plazo.
 Mantenga un horario regular de comidas y asegúrese de comer. Si no puede, asegúrese de comer algo de fruta o verduras.
6. **Frutas y Verduras.**
 Berries de frutas.
 Frutas de Cítricos y Naranja.
 Prueba a beber en grandes y beber, bebidas azucaradas.
 Mantenga frutas con cáscara de buena calidad de buena calidad.

Nutrición Óptima Tamaño De Porciones

¿Cuánto es una porción para un niño de seis años o mayor?

Grupo	Granos	Vegetales	Proteínas	Leches y Alternativas
Granos (1/2 taza)	1/2 taza de arroz, 1/2 taza de trigo	1/2 taza de frutas, 1/2 taza de verduras	1/2 taza de queso, 1/2 taza de leche	1/2 taza de leche, 1/2 taza de queso
Vegetales (1/2 taza)	1/2 taza de frutas, 1/2 taza de verduras	1/2 taza de frutas, 1/2 taza de verduras	1/2 taza de queso, 1/2 taza de leche	1/2 taza de leche, 1/2 taza de queso
Proteínas (1/2 taza)	1/2 taza de frutas, 1/2 taza de verduras	1/2 taza de frutas, 1/2 taza de verduras	1/2 taza de queso, 1/2 taza de leche	1/2 taza de leche, 1/2 taza de queso
Leches y Alternativas (1/2 taza)	1/2 taza de frutas, 1/2 taza de verduras	1/2 taza de frutas, 1/2 taza de verduras	1/2 taza de queso, 1/2 taza de leche	1/2 taza de leche, 1/2 taza de queso

Nutrición Óptima Porciones de Comida

What's a serving?

BE A HEALTHY BUDDY!

Comida Saludable + Ejercicio = Buena Salud!

Cada vez que coma alguno de los cinco alimentos mencionados abajo, marque una (X) dentro del cuadro.

Los números de 00 deben de ser por lo menos igual a la cantidad mínima de porciones indicadas.

Día	Trigo integral (1/2 taza)	Vegetales (1/2 taza)	Frutas (1/2 taza)	Leche (1/2 taza)	Carnes y Pájaros (1/2 taza)
Día 1	0000	00	00	00	00
Día 2	0000	00	00	00	00
Día 3	0000	00	00	00	00
Día 4	0000	00	00	00	00
Día 5	0000	00	00	00	00
Día 6	0000	00	00	00	00
Día 7	0000	00	00	00	00



Programa De Ejercicio Para el Wii De 21 Días

El programa de Wii Fit se enfocará en cuatro (4) áreas importantes de su condición física: aeróbica, equilibrio, fuerza y yoga. Le va a divertir mucho sus tres aparatos para su estado físico. Durante este proceso, se darán ejemplos de que no a distancia (dentro) y al mismo tiempo lograrán un objetivo de salud y bienestar. Estarán acompañados las instrucciones del entrenador Wii y con el de la Wii Fit, "Bienvenido a casa".

Aeróbica: Selecciona uno de los 3 o 4 programas para empezar. Selecciona el que más le interese. Una vez que haya pasado bien, entonces puede pasar al siguiente juego. (Elige juegos de aeróbica y de fuerza para elegir jugar entre uno).

Equilibrio: Aquí encontrará 3 o 4 programas. Selecciona el que le dará mayor diversión. Una vez que haya logrado lo más del juego, entonces abra y selecciona hasta que llegue al equilibrio.

Fuerza: No está esta sección hasta que haya por lo menos logrado su objetivo en uno de los juegos de las tres secciones anteriores. Aunque la fuerza es muy importante, su condición aeróbica y el balance lo ayudará a alcanzar a alcanzar su meta de fuerza. Selecciona uno de los juegos anteriores y repáralo antes de escoger el siguiente juego.

Yoga: Finalmente, el juego también le va a enseñar y conducir física y su realidad virtual en los (3) áreas anteriores. Selecciona el juego que más le guste.

NOTA IMPORTANTE: Al igual que con cualquier ejercicio o deporte, usted debe ir a su propio ritmo e intensidad. Siempre escuche a su cuerpo y asegúrese de parar cualquier de los ejercicios si no se siente lo que desea. Mantenga siempre el aliento y también tome tiempo para beber agua antes, durante y después. Siempre mantenga una respiración constante y trate de mantener una buena postura!

Caribbean Fitness
Fit for life approach to physical fitness
(512) 626-3907

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Ejercicio y Bienestar

Ejercicio Wii

Las siguientes ejercicios están disponibles en el Wii Fit. Por favor elija 1-4 de cada categoría por día para completar su rutina de ejercicios diarios.

Aeróbico		Equilibrio	
Island Cycling	Soccer Heading		
Rhythmic Boxing	SKI Jump		
Free Step	Boxing		
Free Run Jump	Shooting Station		
Rhythmic Boxing	Table Tilt		
Adventure Step	Tightrope Walk		
Super Ball Hop	Balance Exercise		
1 or 2 or 3 or 4	Program Abuse		
Basic Step	Letter Exercise		
Mini Step			

Yoga		Fuerza	
Bridge	Arm and Leg Lift		
Chair	Balance Bridge		
Crabs	Jackknife		
Down (One of the Down)	Jackknife Challenge		
Deep Breathing	Lunge		
Overhead Swing Dog	Peak (Parade) Stretch		
Gate	Peak Challenge		
Grounded X	Pushing and Tilt (Peak Slide Hand)		
Head Down	Push Challenge		
Patn Tree	Swing Squat		
Shoulder Stand	Side Lunge		
Upper Twist (Chinrest Twist)	Swinging Leg Lift		
Upper Extension	Single Arm Stand		
Standing Knee	Single Leg Extension		
Butt Rotation	Single Leg Press		
Tree	Single Leg Twist		
Triangle	Tuck Twist (Carpus & Waist Twist)		
Warrior Pose	Tramp Extension		

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Comida Saludable + Ejercicio = Buena Salud!

Cada vez que haga ejercicio con el Wii, marque una (X) dentro del cuadro.

Debe de hacer por lo menos un ejercicio de cada categoría por día y asegurarse de apuntar cuanto tiempo hizo de ejercicio.

Día	Aeróbico 1-4 Ejercicios	Equilibrio 1-4 Ejercicios	Yoga 1-4 Ejercicios	Fuerza 1-4 Ejercicios	Otros Ejercicios
Día 1	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 2	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 3	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 4	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 5	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 6	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 7	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0

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Wii Puede Ser Saludable

Habit Tracker

Este Habit Tracker Pertenece a:

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Comida Saludable + Ejercicio = Buena Salud!

Cada vez que coma alguno de los cinco alimentos mencionados abajo, marque una (X) dentro del cuadro.

Los números de (X) deben de ser por lo menos igual a la cantidad mínima de porciones indicadas.

Día	Trigo 1-2 porciones	Verduras 3-5 porciones	Frutas 1-2 porciones	Lácteos 2-3 porciones	Carne y Pescado 2-3 porciones
Día 1	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Día 2	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Día 3	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Día 4	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Día 5	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Día 6	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Día 7	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0

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Comida Saludable + Ejercicio = Buena Salud!

Cada vez que haga ejercicio con el Wii, marque una (X) dentro del cuadro.

Debe de hacer por lo menos un ejercicio de cada categoría por día y asegurarse de apuntar cuanto tiempo hizo de ejercicio.

Día	Aeróbico 1-4 Ejercicios	Equilibrio 1-4 Ejercicios	Yoga 1-4 Ejercicios	Fuerza 1-4 Ejercicios	Otros Ejercicios
Día 1	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 2	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 3	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 4	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 5	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 6	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0
Día 7	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0

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20 Recetas Aprobadas para niños

Por Nancy Kelly, RD, LD, CLT.

- Arroz Tricolor:** 1 taza de arroz, 1 taza de lentejas, 1 taza de frijoles rojos, 1 taza de maíz, 1 taza de zanahoria, 1 taza de cebolla, 1 taza de pimiento, 1 taza de tomate, 1 taza de queso, 1 taza de leche, 1 taza de mantequilla.
- Paño de Papas:** 2 papas, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Frijoles:** 1 taza de arroz, 1 taza de frijoles, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
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- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.
- Arroz con Leche y Frijoles:** 1 taza de arroz, 1 taza de leche, 1 taza de queso, 1 taza de mantequilla, 1 taza de harina, 1 taza de agua.

Prepare sus Recetas Más Saludables

Selecciona algunas ingredientes de las recetas favoritas y está en camino a una comida más saludable.

Reduce la grasa y el colesterol:
Usa aceites y aceites saludables.
Hornea, asá, hierve, usa la papilla, o use el microondas en lugar de freír.
Refriega los platos y platos, y luego cubre la grasa de la papa superior antes de cocinar.
Cocina los vegetales en caldo bajo en sodio o caldo de hongos y champiñones.
Usa 2 tazas de leche o 1 taza de leche condensada por cada taza de leche.
Reduce la grasa de la carne y quita la piel al pollo antes de cocinar.
Vacía y enjuaga la carne fresca en un colador después de cocinar.
Usa leche baja en grasa o 1 taza de leche, queso, crema, crema y yogurt.
Usa leche evaporada descremada en vez de crema.
Usa leche azúcar en lugar de mantequilla, margarina o mantequilla.
Usa productos horneados, usa 1/4 menos de grasa de lo que la receta requiere.

Reduce el azúcar:
Trata de reducir el azúcar de 1/4 a 1/3 en los productos horneados. No reduce el azúcar en los panes y panes de brioche.
Reduce o deja el lado el azúcar cuando la leche o el yogur.
Compra fruta enlatada en jugo o fruta congelada sin azúcar.
Agrega vainilla o canela para darle sabor dulce con menos azúcar.
Reduce la sal:
Recorta la sal en las recetas por 1/4 a 1/2.
Elige verduras más bajas en sodio en las verduras enlatadas, especias, salsa de soja, y salsa de tomate.
Usa leche y especias. No añada sal de ajo, sal de cebolla, y pimienta de limón.
Usa una pequeña cantidad de vinagre de sidra o los platos y ensaladas.
Añade la fibra:
Reservados hasta la mitad de la harina blanca en una receta con harina de trigo integral.
Usa el arroz integral, trigo duro avona, harina de maíz integral, el cacahote de trigo y cebolla.
Agrega frutas a los panes, tortas, cereales y pastas.
Añade verduras a los panes, bocadillos, pizzas, y ensaladas.

Fuente: <http://www.fda.gov/pdq/recipes/reading/readingtips/healthierrecipes>


Como Leer Etiquetas Nutricionales

Las etiquetas de alimentos saludables le ayudan a tomar decisiones saludables sobre qué comer. Aquí hay algunas cosas que debes buscar en las etiquetas de alimentos saludables.

- Compara el tamaño de la porción.** El tamaño de la porción es importante. El tamaño de la porción puede ser diferente al tamaño de la porción que tú estás comiendo. Asegúrate de leer el tamaño de la porción y el número de porciones que hay en el paquete.
- Verifica los nutrientes.** Mira el tamaño de la porción y el número de porciones que hay en el paquete. Mira el tamaño de la porción y el número de porciones que hay en el paquete.
- Mantén un ojo en los azúcares y grasas.** El azúcar y la grasa son nutrientes que debes mirar en las etiquetas de alimentos saludables.
- Elige alimentos saludables.** Elige alimentos saludables que tengan un alto contenido de fibra, calcio y hierro.
- Lee el tamaño de la porción.** El tamaño de la porción es importante. El tamaño de la porción puede ser diferente al tamaño de la porción que tú estás comiendo. Asegúrate de leer el tamaño de la porción y el número de porciones que hay en el paquete.
- Verifica los nutrientes.** Mira el tamaño de la porción y el número de porciones que hay en el paquete. Mira el tamaño de la porción y el número de porciones que hay en el paquete.
- Mantén un ojo en los azúcares y grasas.** El azúcar y la grasa son nutrientes que debes mirar en las etiquetas de alimentos saludables.
- Elige alimentos saludables.** Elige alimentos saludables que tengan un alto contenido de fibra, calcio y hierro.



Appendix Healthy Recipes



Receta Very Berry[®] para 45 muestras

El tiempo de hecho es un gran
o taza de bayas mixtas congeladas
4 plátanos (congelados)

Nota: Incluye las siguientes y disfruta!

Mezcla de conservas:
No añades leche al gran, porque todos los productos lácteos dañados por sus grasas a base de grasas a base de grasas que se encuentran en los productos lácteos que pueden causar intolerancia del lactosa y su proporción simple beneficiosa de salud.
Los plátanos son una gran fuente de potasio y su dulzor[®] pueden congelar para helados o añadir bromos.

Bayas congeladas son una gran opción por su par de razones:

- Sabes muy bien hecho de ellos, incluso cuando las bayas frescas no están en temporada.
- Pueden ser más baratas que las bayas frescas.
- Como siempre un añadir azúcar o refinar, las bayas son muy nutritivas como las frescas y respaldan que las vitaminas A/B/C que son las que los ingredientes o el paquete para asegurarse de que son un añadido adicional.
- Para congelar, elimina la humedad de la bayas.

Receta para una porción:
1 taza de leche sin grasa
1/2 taza de bayas congeladas
1 plátano

Very Berry Smoothie Recipe for 45 samples


1 EC Fat Free Milk 1/2 EC Frozen Mixed Berries 1/4 Whole Banana (1/2 cup)

Receta de ingredientes aditivos

Talking Points
We want the best each because it's always better to get the best or we let our age 2. The type of fat found in regular dairy products can lead to heart disease and can't provide any health benefits.
Berries are a great source of potassium and are preservative free. You can freeze them for smoothies or use fresh.
Frozen berries are a great option for a smooth recipe.

- They taste great year round even when fresh berries aren't in season.
- They need less sugar than fresh berries.
- As long as you're using frozen berries, the berries are an excellent source of fiber and better than canned. Be sure to read the ingredients on the package to be sure you're using a quality.
- Frozen fruit alternatives like apples are also a good option.

Recipe for single serving
1 EC Fat Free Milk 1/2 EC Frozen Berries 1/4 Banana

Brought to you by... 



Tacos de Pavo

Ingredientes
1 1/2 lb de Pechuga de Pavo
1 paquete de Salsas bajas en sodio para tacos
1 lata de frijoles
20 tortillas de maíz fritas para taco
1 taza de queso mozzarella rallado bajo en grasas
1 aguacate, en cubitos
1/2 taza de salsa
1/2 taza de lechuga remolada, rallada

Instrucciones:

- Recorta un sartén con aerosol antiadherente y colócalo en fuego mediano.
- Cocina el pavo hasta que esté bien cocido (4-5 minutos). Añade el paquete de salsas y sigue las instrucciones del paquete para preparar la salsa. Pon la carne a un lado cuando esté lista.
- Muestran tanto, lava los frijoles con agua, sábelos con chile chipotle, y píjalos en el microondas.
- Calienta las tortillas, puede ser en el horno o a su gusto.
- Refiere cada tortilla con pavo, aguacate, salsa, queso y lechuga. Sirva los frijoles al lado.

Turkey Tacos

Ingredientes
2 1/2 lb 99% Turkey Breast
1 1/2 lb Low Sodium Taco Seasoning
2 1/2 cups Black Beans
10 Corn Taco Shells
1/2 C Low Fat Shredded Mexican Blend Cheese
1/2 C Salsa
1/2 C Rotisserie lettuce, shredded

Preparation

- Coat a skillet with non-stick spray and place over medium heat.
- Cook turkey until done (about 45 minutes). Add seasoning salt and follow directions on pack to prepare sauce. Set meat aside when done.
- Meanwhile, rinse beans under water, season with chipotle pepper and heat in microwave.
- Heat taco shells, if desired in oven.
- Fill each shell with turkey, avocado, salsa, cheese and lettuce. Serve from the side.

Brought to you by... 



Fritata de Verdura

Ingredientes
1/2 taza de queso de caballos rebanado
2 tazas de espinacas, picadas
2 Oniones de 1/2, finamente picados
1 Cucharadita de pimienta
1 Lata (14.5 onzas cada una) de judías con tomate
1 Cucharadita de vinagre balsámico
1/2 taza de huevo Egg Beaters Original
4 rebanadas de pan de trigo 100% integral

Instrucciones:

- Mezcla un sartén mediano con aceite aerosol y caliéntalo a fuego mediano. Agrega la cebolla, cocina por 3 minutos o hasta que la cebolla esté tierna, revuélvala con Bravissimo. Agrega la espinaca, el ajo, y la pimienta y cocina 2 a 3 minutos o hasta que las espinacas estén blandas. Retira las verduras y resérvalas.
- Ponga el bandedo de huevo sobre la mezcla de espinacas, reduce el fuego a medio-bajo. Cubre el sartén con tapa. Cocine por 10 minutos o hasta que la superficie de la fritata esté casi firme. Mezclamos la salsa, cubre el sartén.
- Retira la tapa y agrega el sartén al sartén. Añade el pan por 2 minutos. Corte en cuartos finos. Sirva con pan integral.

Consejos:
Para hacer la fritata completamente sin la cebolla, el bandedo de huevo sobre la mezcla de espinacas reduce el fuego a medio-bajo. Cubre el sartén. Después de 4 minutos, levante el bandedo del sartén con la fritata. Con una espátula inclínala para que el bandedo de huevo pueda fluir por debajo. Cubre el sartén, continúe cocinando por 4 minutos.

Vegetable Frittata


Ingredientes
1/2 C Yellow onion, thinly sliced
1/2 C Spinach, chopped
2 Eggs Cheese, freshly shredded
1 cup Ground Black Pepper
1 can (14.5 oz each) Diced Tomatoes, drained
1 Tbsp Balsamic Vinegar
10 oz Egg Beaters Original
4 slices 100% whole-wheat bread

Directions:

- Sprinkle medium skillet with nonstick handle with cooking spray; heat over medium heat. Add onion; cook 3 minutes or until onion is tender, stirring frequently. Stir in spinach; cook and sauté for 2 to 3 minutes or until spinach wilts. Stir in drained tomatoes and vinegar.
- Four Egg Beaters evenly over spinach mixture; reduce heat to medium-low. Cover skillet with lid. Cook 10 minutes or until top of frittata is almost set. Meanwhile, preheat broiler.
- Remove lid; place skillet under broiler. Broil 2 minutes or just until top is set. Cut into 4 wedges. Serve with whole wheat bread.

Tips:
To cook frittata completely on stove top, pour Egg Beaters over spinach mixture; reduce heat to medium-low. Cover skillet. After 4 minutes, lift edge of frittata with spatula and tilt skillet to allow Egg Beaters to flow underneath in several places. Cover; continue cooking 4 minutes or until set.

Brought to you by... 



Chuletetas de Puerco en Mostaza dulce

Ingredientes
4 Chuletetas de Puerco (4 porciones = 1 libra)
1/2 cucharadita de Pimienta negra molida
2 Cucharaditas de Salsa de Soya Luz
1 Cucharadita de miel
2 Cucharaditas de mostaza picante
1 Cucharadita de ajo picado
1/2 Onion de arrocita congelada
2 Papas grandes bien lavadas
2 Cucharaditas de mostaza
1 Cucharadita de canela molida

Instrucciones:


- Prepara varias veces las papas con un tenedor y píjalas en el microondas en alto por 7 minutos o hasta que se hayan cocinado bien. Cuando hayan terminado colócalas en papel absorbente para mantenerlas calientes.
- Recorta un sartén con aerosol antiadherente para cocinar a fuego mediano.
- Sumerge los dos lados de las chuletetas con la pimienta. Colócalas en el sartén y rocíalas de 1 a 4 minutos hasta que estén doradas. Déjalas la vuelta y rocíalas de 2 a 3 minutos más hasta que estén bien cocinadas en los centros (160°F).
- Muéstrale tanto prepare las arrocitas según las instrucciones en su paquete.
- Cuando las chuletetas estén listas, colócalas en un plato y mostaza picante.
- Coloque el resto de los ingredientes en un sartén pequeño y colócalos por un minuto a hasta que la mezcla se haya hervido. Mezclalo con frecuencia.
- Serve las chuletetas de Puerco con la salsa de mostaza dulce. Las Arrocitas y las papas con la salsa mostaza y canela.

Honey Mustard Pork Chops

Ingredientes
4 Honey mustard pork chops (1 chop = 1 lb)
1/2 cup Ground black pepper
1 Tbsp Soy Sauce
1 Tbsp Honey
1 Tbsp Spicy Brown Mustard
1 Tbsp Garlic, finely chopped
1 Tbsp Fresh rosemary leaves, minced
Larger amount paprika, ground
2 Tbsp Butter
1/2 cup Ground cinnamon

Directions:

- Place the pork chops over a rack and microwave on high power for 7 minutes or until cooked through. When done cover with foil and keep warm.
- Spray 12 inch skillet with cooking spray; heat over medium high heat.
- Season both sides of pork with pepper. Place in skillet; cook 1 to 4 minutes or until lightly browned. Turn pork over; cook 1 to 4 minutes more or until slightly pink in centers (160°F).
- Meanwhile, prepare sauce according to package directions.
- When pork is done, remove from skillet; keep warm.
- Place all remaining ingredients in sauce skillet; Cook over medium high heat 1 minute or until mixture comes to a boil, stirring frequently.
- Serve pork chops; drizzle with honey mustard sauce, a side of peas and 1/2 potato each with butter and cinnamon.

Brought to you by... 



Pollo Italiano hornado y Pasta con Ensalada

Ingredientes
1/2 lb Pollo congelado
1 Lata (14.5 oz) de salsa picante o salsa de queso
1/2 taza de queso rallado bajo en sodio "light"
1/2 taza de queso rallado bajo en sodio "light"
1/2 taza de queso rallado bajo en sodio "light"
1/2 taza de queso rallado bajo en sodio "light"
1/2 taza de queso rallado bajo en sodio "light"

Instrucciones:

- Calienta el horno a 350°F.
- Coloca el pollo, el queso picante y 1/2 taza de queso rallado en un sartén mediano.
- Por cada porción, colócalo sobre 2 tazas de pasta de almidón (2 1/2 tazas) para cada porción. Calienta cada porción de queso rallado "light" "light".
- Enciende una cucharada de la mezcla de tomate y téchalo sobre cada porción. Luego añade la salsa de almidón para convertirse en helado para después espesar reduciendo para que el queso entre en contacto.
- Coloca las verduras en un plato bajo y hornéalas a 350°F en 15 minutos o hasta que estén bien cocinadas en los centros (160°F).
- Muestrale tanto prepare la pasta según las instrucciones en su paquete.
- Mezcla la mostaza con el queso picante y téchalo sobre cada porción.
- Cuando el pollo está listo, mézclalo con el queso picante y téchalo sobre cada porción.
- Serve las porciones sobre la pasta con la ensalada como acompañamiento del plato.

Italian Chicken Packets over Pasta with Salad

Ingredientes
1/2 lb 99% Fat Free Beef, minced, drained
1/2 lb Light Italian Dressing
1/2 lb Whole wheat pasta, dry shape
1/2 lb Red onions, sliced
1/2 lb Cucumber, sliced
1/2 lb Red onion, sliced

Directions:

- Preheat oven to 350°F.
- Combine beef, drained tomatoes and 1/2 C dressing in medium bowl.
- For each packet, lay out 2 1/2 x 12 inch sheets of paper (or foil) and top each corner. Place 1 chicken breast on each foil packet.
- Spread beef and tomato mixture evenly over each chicken breast. Bring about sides of each foil packet and double fold top. Seal all four sides and seal each packet, leaving space for steam to gather.
- Place packets on baking sheet; bake 20 to 25 minutes or until chicken is no longer pink in centers (165°F).
- While chicken is baking, prepare pasta according to package directions, meeting before and adding salt.
- Combine salad greens, cucumber and onion slices in large bowl.
- When chicken is done, carefully open ends of packets to allow steam to escape before fully opening.
- Serve chicken over pasta with salad on the side.

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Filetos de Bacalao con arroz y ejotes

Ingredientes
1/2 taza de arroz de grano largo
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1/2 taza de arroz de grano largo
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1/2 taza de arroz de grano largo

Instrucciones:

- Coloque los filetes de pavo en un plato hondo y déjelos a un lado.
- Prepara el arroz y téchalo con la salsa de queso picante y pimienta en cada filete.
- Calienta cada filete con la mezcla de pan.
- Recorta un sartén con aerosol antiadherente y colócalo en fuego mediano.
- Muestrale tanto, comience a mover los ejotes en vapor y prepare el arroz con caldo de pollo de acuerdo a las instrucciones al preparar de la papa.
- Cuando el sartén esté caliente, cocine cada filete de pavo por 10 minutos o hasta que se desmenuce fácilmente con un tenedor. Mézclalo con la salsa 5 minutos.
- Recorta cada filete con un poco de jugo de limón y téchalo con queso y arroz.

Crispy Cod Filets with Green Beans and Rice

Ingredientes
1/2 C Seasoned Bread Crumbs
1 lb Cod, flaked 1/2 other white fish filets, thawed
1/2 cup Salt
1/2 cup Black Pepper
1 Tbsp Lemon Juice
1 lb Green Beans
2 C Instant Brown Rice
2 C Low Sodium Chicken Broth

Preparation

- Place bread crumbs in shallow dish and set aside.
- Rinse fish and pat dry with paper towels. Sprinkle evenly with salt and pepper.
- Coat each fish in bread crumbs.
- Sprinkle skillet with non-stick spray and place over medium heat.
- Meanwhile, start to steam green beans and prepare rice with chicken broth according to box directions.
- When fish is nearly done, cook each fish for just 10 minutes, or until flake easily with a fork, turning after 5 minutes.
- Drizzle with lemon juice. Serve with steamed green beans and brown rice.

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