

**News from the Hurricanes Gymnastics**

**It's Back to School Time!**

**Top Ten Ideas for a Health Bag Lunch**

1. **Sandwiches** are always a popular favorite. Most deli counters now carry many tasty low fat brands of turkey breast, chicken and ham. Consider other options for sandwich fillings such as: hummus, lettuce, tomato and low fat cheese, or natural peanut butter topped with raisins and carrot shavings.
2. **Whole Wheat** breads such as 100% whole wheat. Read the ingredient list—it should have whole wheat as the first ingredient. Simply “wheat” means the item is not 100% whole-grain.
3. **Kids love color.** Use plenty of vegetables for a nutritious and filling side or snack. Sliced cucumbers, peppers & cherry tomatoes are great alone. You can also use a low fat dressing as dip.
4. **Fruit.** Include at least one serving at lunch and another at snack. Try apples and bananas, grapes, sliced pears, melon balls and berries.
5. **Beverages.** Choose water, flavored seltzers (without added sugar) or low fat plain milk. Avoid soda and sweetened juice drinks. If you purchase juice, stick with 100% juice and dilute with water.
6. **Yogurt parfait.** Mix 1/2 cup plain yogurt with 1/2 cup vanilla yogurt and add fresh or frozen fruit. Try different toppings like whole grain cereals or nuts. Healthier cereals have less than 7 grams of sugar.
7. **Limit high sugar, high fat treats** such as cookies, cakes and brownies. Healthier alternatives include baked chips, pretzels, soy chips, whole wheat crackers and popcorn. Look for items without hydrogenated oils in the ingredient list.
8. **Soups** provide a warm & hearty meal that can really pack a nutritious punch. Choose varieties with lean protein (chicken, turkey, beans) and veggies. Pack in a thermos and serve with a slice of whole wheat bread.
9. **Choose less processed foods.** This will cut down on the added sugar and unhealthy fats. Instead, create your own “fast food” such as low fat cheese on whole grain crackers, fruit smoothies made with low fat milk or sliced apple with natural peanut butter.
10. **Allow the child to have input on the meal.** Children will be more likely to eat and enjoy the food.

***New this FALL!***

Check out the *Parents Play Room* located in the front of the building. Starting in September 2007, we will have a beverage vending machine, workout bike, treadmill, TV with workout videos, some toys and coloring books for the youngsters, etc. Why should just the kids get a workout?

**\*Stay healthy for winter!\***

**Congratulations Gymnast of the Month**

**Chloey Struthers**

The HPAC Hurricanes would like to welcome Chloey Struthers to the Level 4 Competitive Gymnastics Team. We want to recognize the dedication and hard work she put in this summer!

Keep it up Chloey.

You are going to shine this season!