

FAN4FAMILIES NEWS



A Resource for
Kids + Families

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FAN 4 UPDATES

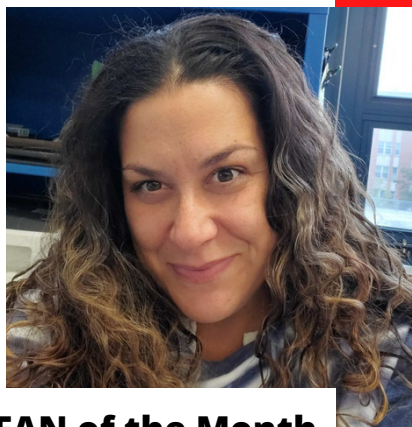


Motivation and Fitness Goals

It is that time of year where everyone is making New Year resolutions and figuring out ways to better themselves. A big one we see year after year is.....Fitness goals! Coming up with your own fitness goals can be easy, but sticking to the goals long-term and maintaining motivation is the tricky part. Here are some tips and tricks to help you stay on your fitness journey in the new year.

- 1. No “All or Nothing” attitude:** With set expectations of how your fitness journey will go and when things go astray, it can be hard to not be let down. Remember that life happens and sometimes things get in the way. If you miss a day or even a week of working out, don't think of it as starting over or giving up. Creating this resolution should be a lifetime commitment so one day won't make or break your goals.
- 2. 5-Minute Rule:** When you are feeling unmotivated, give yourself the 5-minute rule.....you have to keep your body moving for 5 minutes! Five minutes is a short amount of time and you can do anything in that time period. Set yourself a timer and get your body moving in anyway you want. You will feel accomplished after time is up for hitting that goal. And just maybe once you start, you might find yourself willing to keep going.
- 3. Find a workout buddy:** Finding an accountability partner is a great way to find extra motivation. When finding a buddy, choose someone with similar goals and commit to helping each other reach your goals.
- 4. Focus on small wins:** Meeting your goals can be very rewarding, but not all goals can be reached overnight. Some goals take time and it can be frustrating to not see the changes you want right away. Instead of focusing on the big picture, break up your goals into smaller milestones. All of your small wins should be celebrated. These celebrations will give you more motivation to move forward and reach your big goal.
- 5. Remember why:** This is probably the most important trick or tip to help you stay motivated and reach your fitness goals. Remind yourself of why you set these goals for yourself. Do you want to participate in a fitness event like a 5K? Do you want to be at a healthier weight? Are you doing it to be a healthier parent? Whatever reason you have for starting your fitness journey, think of it when you aren't very motivated to get your body moving again. You can also put these “whys” on post-its and place them somewhere you will see it everyday like on a mirror.

Don't forget to have fun and cheers to a happy fitness journey in 2022!



“ We are so excited to announce Ms. Velez, a fifth grader teacher from P.S. 157 in Bronx, NY as our FAN of the Month! Ms. Velez is an incredible teacher who is passionate about FAN4Kids mission in teaching nutrition and fitness to our students. Ms. Velez can often be seen engaging in FAN4Kids lessons and participating in fitness activities with her students. “My favorite thing about FAN4Kids is how excited kids get to share their healthy habits or do exercises in class. There is always laughter and excitement!” Ms. Velez's infectious enthusiasm and involvement in FAN4Kids lessons makes her students even more excited and engaged in each lesson.

Ms. Velez is a great partner to work with and is always open to supporting the FAN4Kids instructor and program any way she can. When asked why FAN4Kids is so important, Ms. Velez said, “I think my class having FAN4Kids is important because it gives them the opportunity to reflect on their own habits and see where they can make healthy changes.”

FAN of the Month

Ms. Velez, P.S. 157 Bronx

Congratulations and Thank you to Ms. Velez for your commitment to FAN4Kids!

FAMILY MENU

YUMMY BUDGET FRIENDLY

HEALTHY + QUICK

Blackened Chicken Brown Rice Bowl www.cookingforkeeps.com

Ingredients

2 large sweet potatoes | 2 tbsp. + 2 tsp. olive oil divided | 1 ¼ tsp. salt | 1/2 tsp. cumin
 1 tsp. garlic powder | 1 tsp. paprika | 1 tsp. oregano | 1 tsp. onion powder
 cayenne powder (optional) | 1 lb. chicken tenders | 3/4 cup chopped onions
 1 1/2 cups shaved brussel sprouts | 2 minced garlic cloves | 1 cup black beans (rinsed)
 1 cup of rice | 1/2 cup chopped cilantro | avocado creme = 1/2 cup Greek yogurt
 1 tbsp. + 1 tsp. fresh lemon juice | salt to taste

Instructions

- Preheat the oven to 375 degrees. Prep and chop all necessary ingredients and cook rice according to package directions.
- Add chopped sweet potatoes to a large bowl along with 1 ½ tablespoons of olive oil, cumin and salt. Combine everything together and spread on a baking sheet; baking 15-20 minutes or until soft.
- In another bowl; add chicken tenders, garlic powder, paprika, onion powder, oregano and ¾ teaspoon salt and mix until evenly coated.
- Heat a large skillet on medium heat with 2 teaspoons of olive oil. Once pan is hot, add chicken and cook until blackened 3-4 minutes on one side and 2-3 minutes on the other. When finished cooking, remove from the pan.
- Add remaining oil with onions, brussels sprouts and garlic. Saute for about 5 minutes, add black beans and cook for another 2 minutes. Season with salt and pepper.
- For avocado cream, mash avocado in a bowl and add the rest of ingredients and mix.
- Enjoy!



FAN4Kids Question Corner

Which of these foods should you have for breakfast to give you the most energy?

- a. Skittles c. Oatmeal
 b. Honey Bun d. Takis

Which food groups should take up the most space on your plate?

- a. Proteins c. Grains
 b. Fruits/Veggies d. Dairy

Which 2 muscles work together to do squats and lunges?

- a. Heart and Calves c. Triceps and Trapezius
 b. Pectoral and Abs d. Quadriceps and Hamstrings

Which vegetable is great for your eyes?

- a. Carrots c. Broccoli
 b. Mushrooms d. Potatoes

Answers

- C. **Oatmeal**: Whole grains like oatmeal gives us energy to last all day; especially our brains.
 B. **Fruits and Veggies**: These 2 groups are our healthier groups filled with many nutrients and vitamins.
 D. **Quadriceps and Hamstrings**: These muscles are located in the front and back of our thighs and we use them to do most exercises including walking and running.
 A. **Carrots**: Orange and yellow vegetables are filled with Vitamin A which is great for your eyes.



Got a question, ask us:
info@fan4kids.org

Robert L. Oliver Jr. - Founder + CEO
 Karen Schocklin - Program Director
 Erin Johnson - Development Director
 Saraswathi Cuffey - Program Coordinator + Lead Instructor

Who is Team FAN4Kids?

Alice Luo - F4K Instructor
 Madeline Peguero - F4K Instructor
 Natalie Tee - F4K Instructor
 Alexa Wilson - F4K Instructor

Your most pressing wellness questions answered!

DEAR MS. FAN4KIDS



Dear Ms. FAN4Kids,

I've been struggling with my child eating lunch at school. As a busy mom and with the school offering free lunch for all students, I want to take advantage of this resource. My child has been coming home super hungry and when I ask what she had for lunch, she will sometimes tell me nothing or just the snack that I packed for her. Her lunch period is early in the school day and it bothers me that she sometimes goes through the day without eating. When I ask why she didn't eat the school lunch, she tells me that she didn't like the options. What can I do to encourage her to eat the school lunch so that she isn't going the whole day without eating?

From,
Busy Mama

Dear Busy Mama,

One of the great things about technology today is that most school lunch menus are available online and are updated each month. Either weekly or the night before, look at the school menu together with your child and discuss the lunch options. When discussing the lunch options, ask what your child thinks sounds good. From there, you can decide together which lunch option your child will choose or maybe that can be the day where they bring in lunch. When discussing the lunch options, encourage your child to choose an option that is nutritious and includes foods from all 5 food groups - fruits, vegetables, grains, protein and dairy. All schools are providing students with whole grains which is great because this nutritious food will give your child energy, especially their brain. To help with motivation to eat healthy during lunch, FAN4Kids instructors will be encouraging students to eat their veggies and will be raffling prizes for the healthy eaters club for students making healthy choices. When they get home, talk about the food choices your child made. Did they like the food? Did they try any new foods? Commend your child for making a healthy choice and trying new foods. You can also ask them what foods they tried during their FAN4Kids tasting and find out what was their favorite food they tried. Next time you go food shopping, you can pick up any of the new foods they tried and pack it in their lunch!

Sincerely, Ms. FAN4Kids



- Families at P.S. 69 Bronx, NY had a blast at the FAN4Kids Smoothie Social on December 15, 2021! Parents and students not only got a little bit of movement in, but were lucky enough to taste a healthy and delicious smoothie made by FAN4Kids instructor, Ms. Luo!
- Check out the FAN4Kids bulletin board at P.S. 35, Bronx, NY! Monthly F4K winners are being highlighted for their dedication to fitness and nutrition! Ask your FAN4Kids instructor if there is a F4K bulletin board at your school!
- Virtual FAN4Family Dance Parties "Club F4K" is this month! Please join us as we promise your F4K instructors and DJ Keith will get you moving and having fun to some upbeat music! Families, students and staff are all welcome! Join the party, Friday, January 28th @ 1pm.
[Zoom Link - https://us02web.zoom.us/j/82461516800](https://us02web.zoom.us/j/82461516800)
Meeting ID 824 6151 6800

EVENTS + TIDBITS

A special thanks to our partners and schools:

[Allen Foundation](#) | [Bai Water](#) | [Brooklyn Community Collaborative](#) | [CHALK NYP](#) | [Tisch Center Food Hub](#) | [Dircks Foundation](#) | [Empire BCBS](#) | [Eurofins Scientific](#) | [Good Coin Foundation](#) | [Kind Company](#) | [Maimonides Medical Center](#) | [Montefiore](#) | [New York Life](#) | [Novartis](#) | [NYC City Council](#) | [NYC Dept of Health](#) | [Stop and Shop](#) | [Target](#) | [Youth Inc](#) | [Walgreens](#) | [NYC Public Schools](#) | [Newark Public Schools](#)

P.S. 69, 157, 54, 382, 77, 161, 93, 35, 150, 207, 273, 298, 368, C.S. 134, TALES, Peshine Ave., Salome Urena

FAN4Kids is proud to inspire, educate and empower the children and families we work with. Proudly serving up to 3,000 kids per week with the help of our incredible partners and donors

Questions: karens@fan4kids.org



FITNESS AND NUTRITION FOR KIDS



www.fan4kids.org

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