

Safe Routes To School

Winter 2012

 **PUBLIC HEALTH
SERVICES DISTRICT**
COCONINO COUNTY

SafeRoutes

National Center for Safe Routes to School



928. 679.7213



Winter walking... *It's really good for you!*

Exercising outdoors is a wonderful mood enhancer, helping to boost the feel-good hormones called serotonin. This is especially important in winter when many people are hit by the winter blues.

10 tips for winter walking:

- * Get properly warmed up before you head out
- * Wear layered clothing
- * Stay hydrated! H2O is just as important in the winter as in the summer
- * Be seen! Wear bright and reflective clothing
- * Go in the daylight hours
- * Wear shoes or boots with good soles
- * Take a friend or pet

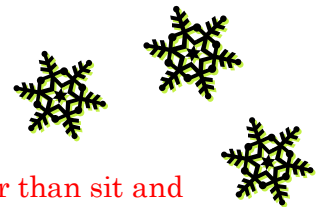


In cold weather, some experts believe you burn slightly more calories because of a small drop in body temperature, which sees your metabolism increase to warm and humidify the air you breathe. Wearing extra clothing and heavier boots or shoes will also lead to a higher fat-burn because you are carrying more weight.

Winter walkers are more likely to have lower blood pressure, as well as improved feelings of well-being. Making the effort to get out for a walk or run during the day will increase your positive outlook for the whole day.

Winter walking cont...

- * Make a goal before you head out
- * Walk and Talk with a friend rather than sit and visit
- * Take it easy, cold muscles are easier to injure



The snow is coming...Don't forget to SHOVEL YOUR SIDEWALKS and DRIVEWAYS!!

SAFETY ZONE...



TEST YOUR KNOWLEDGE...

1. On a road without sidewalks, should you walk with the flow of traffic or against traffic? Walk against traffic.
2. Where is the safest place to cross the street? In a crosswalk.
3. If you get the "walk" symbol at a lighted intersection, do you need to pay attention to any cars wishing to turn? Always look both ways before crossing!



Sports/Energy Drinks: Do They Live Up to Their Claims?



If you choose sports drinks to quench your thirst after exercise, you are not alone. Since first coming on the market about 20 years ago Americans spend nine billion dollars a year on them, making them the fastest growing beverage on the market. One in three teenagers drinks them on a regular basis. With such advertising claims as increased performance, concentration and reaction speed, improving vigilance, stimulating metabolism, and "improving overall well-being", they sound like just the thing that your body needs after a good workout. You might want to think twice, however, before you reach for that next bottle or can of that magic elixir.

These drinks contain mainly caffeine and sugar. There is at least as much caffeine as found in a strong 6 oz cup of coffee, and sometimes much more. A can or bottle of sports/energy drink often has as much as a quarter cup of sugar in it! The effects of regular use of these drinks can cause heart palpitations, increased blood pressure, dehydration, sleeplessness, irritability, upset stomach and anxiety. Also, if you drink these, you are probably not drinking enough milk, which builds strong bones. If that wasn't enough to change your mind about sports drinks, the acid in them erodes the teeth from the first sip until 45 minutes after the last sip when the saliva returns the mouth to its normal pH balance. And, they are high in calories, which means possible weight gain.



Nutrition Facts		
Serving Size: 8.3 OZ		
Servings per container: 2		
Amount per serving		
Calories	110	Calories from Fat 0
% daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	200mg	8%
Total Carbohydrate	28g	9%
Dietary Fiber	0g	0%
Sugars	27g	
Protein	0g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 0%

*Percentage Daily Values are based on a 2,000 calorie diet. Your diet may be higher or lower depending on your calorie needs.

This sports drink contains 13.5 teaspoons of sugar, more than the recommended maximum daily intake.

If you want to find out for yourself what is in these drinks, read the nutrition facts label on the bottle or can. Look for the "sugars" line on the label. Sugar is measured in grams (g). To convert grams to teaspoons take the total number of grams and divide by 4. For example, if there are 16g of sugar listed, 16 divided by 4 is 4, so there are 4 teaspoons of sugar. It is important to also look at the serving size on the label because the amount of sugar listed is for 1 serving. If there are 2 servings in your can or bottle, then you must multiply the 4 teaspoons by 2, so there are actually 8 teaspoons of sugar in your can. As a reference point, the maximum amount of sugar per day for children is 6 teaspoons and for adults 10 teaspoons. You will probably find that one can or bottle of sports or energy drink contains more sugar than you should have for the entire day!

So, how do we boost our energy without these drinks? The answers are simple and cost nothing: eat well, get plenty of sleep, drink water to stay hydrated, and work out or move around when tired. So the next time you are thirsty, reach for a glass of water. That will do more for your body than any of those energy or sports drinks.



Here's a great, healthy alternative to a sports drink!

Strawberry-Banana Green Smoothie

- 1 cup strawberries fresh or frozen
- 2 frozen bananas
- 1 huge handful of spinach (about 2 cups)
- 1 cup water or 100% apple juice; or enough to blend to desired consistency

- 1) Wash your hands and any fruits and vegetables.
 - 2) Combine ingredients in a blender. Blend until smooth; enjoy!
- Serves 6

Nutrient analysis per serving: calories, 80; carbohydrate, 18g; protein, 3g; total fat, 0g; cholesterol, 0g; fiber, 3g; sugars, 11g; vitamin A, 140%; Vitamin C, 40%; calcium, 8%; iron, 10%.

This material was federally funded by USDA's Supplemental Nutrition Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.



START A WALKING SCHOOL BUS IN YOUR NEIGHBORHOOD!!



Did You Know ???

- EVERY TON OF PAPER THAT IS RECYCLED SAVES 17 TREES!
- 84% OF HOUSEHOLD WASTE CAN BE RECYCLED
- 14 BILLION POUNDS OF TRASH IS DUMPED INTO THE OCEAN EVERY YEAR

