



A WORLD FIT FOR KIDS!
Recipes for Happy, Healthy Bodies & Minds

WFIT Green Smoothie

- ✓ Green Smoothie
- ½ cup almonds
- ½ cup cashews
- 1-2 cups water and or ice
- 1/2 avocado
- 2 frozen bananas
- 4-5 strawberries
- 1-2 cups spinach/kale
- 3-4 dates
- Water/coconut water (optional)

Serves about 6 people.

Customize smoothies by adding any of the following toppings:

- Raisins
- Cranberries
- Macademia nuts
- Shredded coconut
- sliced almonds
- carob chips

Blend all ingredients in a blender until desired consistency.



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A World Fit For Kids! Mentors In Motion

Characteristics of Quality Physical Activity

Meaningful – goal oriented, planned & purposeful

Voice – clear communication, youth leadership opportunities

Positive – emotionally & physically safe environment, maximum repetitions/involvement, leadership & independence

Achievement – standards based activity, lifetime skills for health

Success For ALL!

Success Strategies

1. Determine your GOAL
2. Develop your PLAN
3. Take ACTION
4. Notice what's WORKING and what's NOT (Evaluate & Assess)
5. Be flexible and make CHANGES until you succeed
6. CELEBRATE your success

Smart Goals

Specific

Measurable

Action oriented

Realistic

Timed



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Quality Physical Activity Resources

Online resources for Physical activities appropriate for playgrounds 1st - 8th grade

<http://www.afterschoolpa.com>

activities for all grades, identified by grade level, including equipment lists for each activity

<http://www.pecentral.org/>

great website for all kinds of physical activities - go to best practices and top websites

<http://familyfun.go.com/playtime/>

games are easy to explain and adapt to skills, attention spans, ages and numbers of players on hand

<http://www.groovypyramid.com/letsgetitstarted.htm>

This song is about procrastination and it's about starting an exercise program.

<http://www.sparkpe.org/sampleLessonsElementaryPE.jsp>

curricula k - high school and after school

<http://www.lessonplanspage.com/PE.htm>

Dense resource of various activities for all grades.

<http://pazz.tripod.com/lesson.html>

A raw website that requires some filtering but worth searching

Name: _____



Plugging In: Becoming Aware and Mindful

What Kind of Eater Are YOU?

1) HOW do you eat?

Check off any of the following eating styles that apply to you. Then rank those in order with one being your most dominant eating style.

Me?	Rank:	
_____	_____	Bored eater- eats same thing all the time; has little variety in diet; eats when
_____	_____	Happy eater- likes everything; happy to eat when & wherever
_____	_____	Picky eater- avoids trying new foods; worries about eating wrong kinds of food
_____	_____	Binge eater- overeats high-risk foods; emotional eater, not physically hungry but angry, upset, lonely, anxious; skips meals
_____	_____	Gobbler- fast eater, barely tasting or chewing food, grabs and goes, eat a lot often
_____	_____	Unconscious eater- eats throughout day while doing other tasks, cooking, homework, etc.;; unaware of how much eating
_____	_____	Poor planner- eats fast food and makes excuses; no fore-thought of food
_____	_____	Skipper- misses one or two meals a day for various reasons

People eat for many reasons. You may eat because you are hungry, because the food looks or smells good, because you are bored, or because you see other people eating. Read each statement below and check the line that shows the reasons *you* eat.

2) WHY do you eat?

I eat when I'm:	Often	Sometimes	Almost Never
Hungry	_____	_____	_____
Procrastinating	_____	_____	_____
Bored	_____	_____	_____
With my friends	_____	_____	_____
Happy	_____	_____	_____
Worried	_____	_____	_____
Sad	_____	_____	_____
Lonely	_____	_____	_____
Angry	_____	_____	_____
Tired	_____	_____	_____
Told it's time to eat	_____	_____	_____
Excited	_____	_____	_____
Watching tv	_____	_____	_____

Energy Regulation



The human body is very intelligent. It is one of the greatest mysteries known to mankind. It beats your heart, pumps your blood, heals your broken bones and ribs all on its' own. Just like the universe at large, the body is looking to be in a state of equilibrium. Sometimes we recognize the need for balance in our lives, or we feel unbalanced, but often times, this desire to be balanced merely shows up as cravings and sensations in the body. At A World Fit For Kids! we believe our body is regulated with 4 energy regulators: Food, Exercise, Sleep, and Relationships. These work together to create balance and health and it is our job to dissect our cravings, pay attention to what we need, what we are missing, and provide it in a healthy context.

