



## Weekly Tip:

Getting sick of packing lunches yet? Get creative and think beyond a sandwich...

Try wraps and even pancake sandwiches :)

Thermos cups of soup, stews and pasta  
Tuna salad with crackers or toast points or even lettuce leaves so they can make their own lettuce wraps

For snacks don't rely on pre-packaged stuff - try baking your own for cost effective and nutritious ideas that you can control the fat and sugar in :)

Use thermoses for milk instead of juice.

Individual containers of dips with a variety of fresh veggies (try asparagus, sweet potatoes and snap peas) instead of just carrots and celery

Your best bet - have your children help you choose and make their lunches - if you get their 'buy in' they are more likely to be excited about it and eat it!

# Children live what they learn

Most parents truly believe that they are doing what is best when it comes to their children's health and lifestyle but considering the drastic increase in childhood obesity rates and lifestyle-related medical conditions—are they really?

I don't think any parent actually intentionally tries to sabotage their children's health and futures but too often we don't realize how the behaviors we model are being copied by the little people around us.

How often do you go through the drive thru or stop at a fast food restaurant because it is easier or faster? Even if you insist on the 'healthiest' choices they have, do you realize that making those types of eating establishments routine in your life and in the life of your child creates a habit that they will carry with them into adulthood? Do you know that there really are no truly healthy choices there anyway?

How often do you turn up your nose at veggies on your pizza or on your sub opting for processed meats and high-fat cheeses instead? Do you joke about wanting flavor instead of veggies? If so, you condition your children to believe that veggies are not a

top choice or they lack the flavor of other options? Take a look around your pantry—is it full of processed, packaged snacks and treats? Is there always pop in your fridge? Do you choose a can of cola over a bottle of water? If you choose these things or if they are readily available—your children will follow your lead and choose them more often too.

Think about dinnertime. Do you have second and maybe even third helpings? Do you eat until you have to undo your button? Do you insist on your children cleaning their plates even though they say they are full?

If you overeat as a regular course of action and insist that your children do the same, they become accustomed to eating when they aren't hungry and worse—overeating when they are already full. This bad habit is very very hard to break and leads to an intense over consumption of calories that is simply not needing.

What about special events? Do you celebrate with food? Do you use food as a reward for positive behavior and perhaps even a bribe? Do you console yourself or them with food? "I'm sorry you're upset honey—how about an ice cream?" or "Clean your room

and I'll order a pizza!" This simple parenting strategies may seem harmless and even normal but think about them deeply. Are you unintentionally creating an emotional attachment to food for your children? As adults will they continue to comfort or celebrate with high-fat foods? How often do you yourself exercise? Do you complain about the laziness of youth and how video games are ruining their fitness as you are plopped in front of the TV or computer yourself? Do you shun physical activity as a family event and choose movies over bowling? When was the last time you engaged in the very same activities that you encourage your kids to do? There is an old saying that says "Show me a fat dog and I'll show you a fat owner." Unfortunately the same things can be said about our children. Our kids will model the behaviors they see and as well intentioned as we may be, sometimes that just isn't enough.

There is nothing wrong with treats and videogames but like anything in life moderation is key, not just in our words but in our actions.

# Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!  
Straight from Michelle's kitchen!

## Creamy Corn and Potato Chowder

*This creamy soup is perfect for fall and is best when made with corn fresh off the cob but can easily be made with canned or frozen corn—substitute 3/4 cup kernels for every medium cob!*

Husk 5 medium cobs of corn, cut kernels free and place naked cobs in a medium pot with 2 cups of water—bring to a boil, remove cobs and toss but save water.



In a large soup pot sauté 1 large onion (diced) in 3 tbsp. olive or canola oil until onions are clear—add 1/2 cup of the corn water and whisk in 1/2 cup whole wheat flour and beat until smooth. Add 4 cups 1% milk and the rest of the corn water. Turn to medium heat. Add corn kernels and 3 medium potatoes—diced fine or even shredded. Bring entire mixture to a boil, stirring frequently. Reduce to a simmer and let it cook down until potatoes are tender and soup has thickened to desired consistency. Season with salt, pepper and red pepper flakes to tastes.

Enjoy but don't forget that as this is a milk-based soup, it does not freeze well but sure makes for some great thermos lunches in the cooler weather!

Michelle's Blog:

[www.butterflyconsultations.com/blog](http://www.butterflyconsultations.com/blog)

## Muscle Awareness

After starting a new fitness program or even after increasing the intensity of an old one, you may have some tenderness and stiffness in certain muscles. This is not always a bad thing—it is known as muscle awareness and while it can be incredibly uncomfortable it is not long lasting and will be gone within 72 hours—faster if you actually continue to move and not give into your desire to remain sedentary. Muscle Awareness or 'delayed onset muscle soreness' is a result of microscopic tearing in the muscle fibers that occurs as a result of exercise. These small tears actually a sign that the muscles are getting stronger and adapting to your new regime. When you exercise, you stress your muscles and this soreness is a result of that stress—this is a good thing, I swear! Too often a beginner to a fitness program will use this muscle awareness as an excuse to discontinue doing it - please don't!

There is a difference between injury and pain and the stiffness and aching of muscle awareness. You will be able to tell the difference. No one is immune from delayed onset muscle soreness, whether you are just starting out or are a professional athlete—anytime to stress your muscles beyond what they have become accustomed too—they will react and you will feel that reaction as they get stronger. One of the best ways to alleviate the discomfort from muscle awareness is a good flexibility program. Proper stretching after a workout, holding each stretch 20—30 seconds, working each muscle you stressed is a great way to prevent a majority of symptoms. Even the next day or the day after when you feel like the last thing you want to do is move, stretching your sore and aching muscles is the best thing you can do for them and for yourself. If the pain is really uncomfortable, you can use ice, heat and an anti-inflammatory to help.

One thing you will want to do is rest the muscle group that is affected. Now this doesn't mean sitting on your butt for the next week after an intense workout—it just means that you want to give those muscles time to heal so you don't want to stress them again too soon. For example—if you completed a great leg routine and are feeling the effects of it, don't jump into a set of weighted squats or lunges the next day—that would be a good time to work your arms. Walking and swimming are great ways to work through any muscle awareness discomfort. These low-impact, low intensity activities will keep your muscles moving to avoid stiffness but won't actually stress them any more than they already are—giving them a chance to heal. Just remember that whenever you do something new, you have to give your body a chance to react and respond. Don't give up on it or on yourself just because you're uncomfortable!