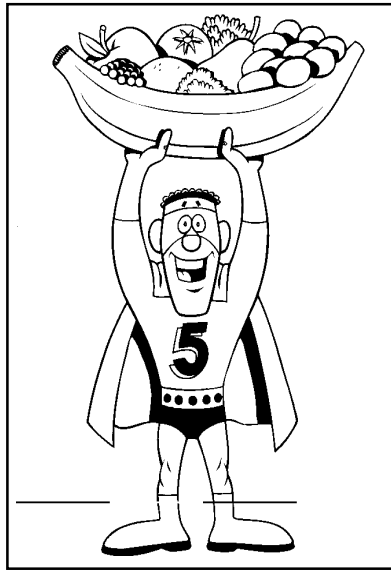


# Healthier Communities Today

The Quay County Maternal Child and Community Health Council -- Number Three

separated at  
**BIRTH?**  
**YOU**  
**decide!**



*Captain 5-a-Day*



*Jack LaLanne*

By Jay Nemrow, Home Economist

They both promote a healthy lifestyle, they both love exercise and physical fitness, and they both really love to eat and promote fruits and vegetables! Could they have some family tie?

**Captain Five-a-Day** is the cartoon spokesman for the "Captain Five-a-Day" program from the Connecticut Department of Public Health. Through a grant from the New Mexico Department of Health, this program, aimed at preschoolers and their families, teaches kids in a fun way about the benefits of getting five fruits and vegetables and plenty of physical activity every day. This program also helps parents find new ways to buy and serve fruits and vegetables to their children more often. Kids all over Quay County are playing and learning with Captain Five-a-Day's exciting audiocassettes that teach about fruits and vegetables, strong bones, and physical activity. These cassettes were given to parents at two Nutrition Extravaganzas in our area. If you missed these events, there are a limited number of audiocassettes still available from the Quay County MCCH Council, which can be contacted at the phone number below.

**Jack LaLanne** is a world-renowned fitness expert and hosted the popular TV exercise program "The Jack LaLanne Show" from the 1950's until the 1980's. He decided to become a bodybuilder as a teen because the other kids picked on him because he was small. He became a star football player in high school and went on



*Jack LaLanne towing a 1000-pound boat from San Francisco Harbor to Alcatraz on his 70th birthday.*

to start one of the first fitness spas in 1936 at the age of 21. Kids, ask your grandmother if she knows Jack and she will probably say "Yes! Wow! Is he still alive?" Jack is not only alive, he is well - - VERY well!

Becoming a senior citizen hasn't stopped Jack. In the picture below, Jack pulled a boat across San Francisco Bay to celebrate his 70th birthday. In the picture above, Jack was honored with a star on the Hollywood Walk of Fame in 2001, at the age of 88. Does he look 88-years-old to you?

Jack is never shy about the secret to his robust health and long life: daily physical activity and lots of fruits and vegetables! He has been a vegetarian most of his life and he still exercises at least two hours a day. He will be 90 years old this coming year!

We don't know whether Captain Five-a-Day and Jack LaLanne are related, but their message is the same: Eating plenty of fruits and vegetables and being physically active everyday can help everyone lead a healthier, longer life!

To help you get more fruits, vegetables, and physical activity, we have put some cool no-cooking summer recipes and an easy morning exercise program on the back of this newsletter. The recipes come from the official Five-a-Day website from the National Institutes of Health, and the exercises come from a free program created by Jack LaLanne. Enjoy!

For more information about the MCCH Council, contact Alida Brown at 461-4218.

This newsletter is produced with funds from the New Mexico Department of Health.

**QUAY COUNTY**  
**MATERNAL CHILD & COMMUNITY**  
**HEALTH COUNCIL**

## Cantalope Crush

1/2 cantalope

1 cup fat free milk

1 1/2 cups ice

Sweetener as needed: about 1-2 teaspoons of sugar or the equivalent in artificial sweetener.

Cut cantaloupe into small cubes. Blend all ingredients until smooth. Sweeten to taste. *This is an official 5-A-Day recipe and provides each person served with 1 serving of fruit.*

Serves 4

Nutritional Analysis: Calories, 90; Fiber, 1 g; Fat, 0 g;

Cholesterol, 2 mg; Sodium, 74 mg

## Layered Italian Salad with Basil Vinaigrette

4 Roma tomatoes, thinly sliced

1 green zucchini, thinly sliced

2 yellow zucchini, thinly sliced

Salt and pepper to taste

*Basil Vinaigrette or Non-Fat Basil Vinegar:*

1/2 cup balsamic vinegar

1/2 tablespoon olive oil OR none

8 fresh basil leaves, finely chopped, OR 2 teaspoons dried basil

On a serving plate, layer alternate slices of tomato, yellow zucchini, and green zucchini in a stairway pattern so all vegetables show. Mix dressing ingredients and add to vegetables. Add salt and pepper to taste. *This is an official 5-A-Day recipe and provides each person served with about two servings of vegetables.* Serves 4

Nutritional Analysis Per Serving for Layered Italian Salad

with Basil Vinaigrette: Calories, 66; Fiber, 3 g; Fat, 2 g;

Cholesterol, 0 mg; Sodium, 16 mg

## Fruit Slush

3 cups frozen fruit (such as frozen strawberries, blueberries, raspberries, or melon)

1 cup fat free milk or non-fat plain yogurt

1 teaspoon vanilla extract

Sweetener as needed: about 1-3 tablespoons sugar or the equivalent in artificial sweetener

Blend first three ingredients until smooth. Sweeten to taste.

Recipe obtained from Quick & Healthy Recipes and Ideas, by Brenda Ponichtera, R.D. (ScaleDown Publishing, 1994).

*This is an official 5-A-Day recipe, providing each person served with 1 1/4 servings of fruit.* Serves 4

Nutritional Analysis Per Serving: Calories, 115; Fiber, 1 g;

Fat, 0 g; Cholesterol, 2 mg; Sodium, 80 mg

## Jack LaLanne's "Magic Five" Exercises

For Family, Fun, and Fitness

1. Start with \*CRUNCHES in bed or on the floor\*

Great to get the circulation moving and the sleepy eyes open... helps firm up the waistline... flattens the tummy.

Lie flat on your back, bend your knees, keeping your heels as close to your buttocks as possible. With hands either behind your head or across your chest, try to sit up to your knees.

Exhale as you sit up, inhale as you lie down. Lie back and repeat 5 times. Rest and repeat 5 times.

2. \*LEG CURLS\* (Beginners start with one leg at a time)

Another great exercise to help firm out-of-condition muscles. Put pep into your step and a smile on your face.

Lie on your back, arms extended along sides. Lift knees into chest. At same time, raise head tucking chin into chest.

Return to start position... repeat 5 times. Rest... and do 5 more.

3. Now take a deep breath. It's time for the \*FANNY FIRMER.\*

A great movement to help firm the hips and thighs for a firmer you.

Lean forward, placing hands on edge of bed or chair. Lift right leg back as high as you can without straining. Return to start position and repeat 5 times on right leg... then 5 with the left leg. Rest and repeat five times on each leg.

4. For a great, stimulating movement the entire family can do together... try \*RUNNING IN PLACE.\* (If unable, lift legs as high as possible in walking position)

A terrific over-all body conditioning exercise...

Stand in one place and start running. Lift legs high, knees into body. Swing arms vigorously, as if you want to punch a hole through the ceiling. Keep shoulders back, head high, and breathe deep. Run for 30 sec. the first day... try to go longer each day.

5. Just one more to go... Here's the \*DYNAMIC STRETCH\*

A wonderful muscle-toning exercise for everyone in the family.

Stand with feet apart, lock hands behind back and extend arms out, trying to touch elbows. At the same time keep your head straight by looking at the wall in front of you. Now hold position and lean forward at waist. Return to start position and repeat 5 times. Rest and do more as able.

### WHAT A WORKOUT.

Don't you agree that the MAGIC \*5\* are a great way to start the day?

NOW FOR A HOT SHOWER... followed by a stimulating COOL SHOWER... and you are on your way to a sparkling day.

Adapted from [www.jacklalanne.com](http://www.jacklalanne.com)

Recipes come from the National 5-a-Day website sponsored by the National Institutes of Health at:

<http://dccps.nci.nih.gov/5aday/RECIPES.HTML>