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## For Students:

In this issue of *Healthy Newz 4U* you'll find tips and hints for staying healthy and feeling great...everyday.

- Stretchhhh it out. Flexibility Tips
- Ewww...That Looks Disgusting!
- Movie Snack Bar: Rated G for Gut Bomb!
- Digital Do's and Don't's

To get reliable and timely information, check out your local newspaper to learn about these and other issues that matter to you.

**Can you touch your toes? It's a simple stretch that you might do in gym class or at home, but increasing your flexibility can actually help you stay in tiptop shape, too.**

### Did you know?

- Flexibility keeps your muscles loose to avoid injury.
- Flexibility improves circulation in your body.
- Flexibility helps keep bones strong.
- Flexibility boosts your immune system to keep you from getting sick as often.

Do these easy stretches regularly and you'll see your flexibility (and your health) improve fast. It will only take you about ten minutes a day, but you'll feel great right away!

Stretchhhh it out



#### Forward Stretch

Stand in an upright position with your legs together. Gently raise your hands forward and try to touch your toes. Stretch your hands only as long as you are comfortable. Hold the position as long as you can, then repeat.



#### Sideways Stretch

Stand upright with your legs apart. Keep one hand on your waist, raise the other hand, and bend sideways as far as you can. Repeat with your opposite side.



#### Calf Stretch

Place your right foot behind your left foot. Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor. Hold for about 30 seconds, switch sides and repeat.



#### Leg Stretch

Stand upright with your legs apart. Bend one leg at the knee, grasp your foot with one hand and hold for 30 seconds. Switch sides and repeat.

Source: [www.buzzle.com](http://www.buzzle.com)



# Ewwwww... THAT LOOKS DISGUSTING!

Let's face it—if something doesn't look good to eat, chances are you're not going to even think about tasting it. But what if you did try it, and what if you did like it? REALLY like it.

Try these three healthy and delicious foods and brace yourself for a taste-sensation!

## 1. Hummus

**It just looks weird.**

Keep in mind, hummus is eaten as a dip or a spread, not a main dish. Peanut butter wouldn't really look that tasty either if it didn't come in that cool jar. It's the same with hummus.

Originating more than 7,000 years ago in the Middle East, hummus is made out of chickpeas or garbanzo beans. With a consistency similar to peanut butter, hummus is good source of fiber, protein, and potassium. Plus, there are a ton of delicious and low fat flavors perfect for dipping raw vegetables, pita bread or sandwiches.

With options like roasted red pepper, tomato basil, and roasted garlic, you'll find this so delicious you'll be looking for a reason to eat carrot sticks.

## 2. Cottage Cheese

**In nursery rhymes, they call it curds and whey. We call it DE-licious!**

The name "cottage cheese" dates back to the 1840s when the simple cheese was usually made in cottages from milk left over after making butter. Today you can find many different varieties—low-fat, small curd, dry, etc.—in your grocer's dairy section.

Cottage cheese is not only good for you (if you choose low fat versions) but it's very versatile, too! Eat it with vegetables like tomatoes and a dash of pepper, a salad, or top it off with your favorite fruits like blueberries, pineapple, or apples and cinnamon. Yum!

## 3. Guacamole

**It's green and lumpy. Seriously, how good can it be?**

**Major-ly good!**

The main ingredient in guacamole is avocado, which has a load of health benefits. Classified as a fruit, avocados are a good source of vitamin K, dietary fiber, vitamin B6, vitamin C, and potassium. Surprisingly, a typical avocado contains 30 grams of fat, but it's no reason to avoid them altogether—about 20 of those fat grams are health-promoting monounsaturated fats (the good kind).

Most recipes are super easy to prepare and it's something your family can make together. Add in tomatoes, onions, peppers, and some seasoning to the mix and you've got yourself a great snack with baked tortilla chips, or your new favorite topping for tacos. Find a recipe and try it today!












Next time you're cooking at home, at the grocery store, or in a restaurant, give one of these a try. You might be very surprised!

# Movie Snack Bar: Rated G (for Gut Bomb)

Ahh...the movie theater. What's more fun than watching a great movie with your friends and family, some popcorn, and hunkering down for two hours of entertainment? It doesn't get much better than that, right?

Next time you're at the theater, beware of the hidden horrors lurking behind the snack bar. Check out these top horrors.



Popular Snack Bar Items	Rating	Better Options to Share
<p>Large popcorn with butter topping</p> <p>1500 calories 57 g saturated fat 1,500 milligrams of sodium (equal to 2½ Big Macs)</p> 	 <p>Thumbs Down</p>	<p>Small or junior portion with no butter topping</p> <p>About 450 calories 15 g saturated fat</p> 
<p>Large box of M&amp;Ms</p> <p>735 calories 31.5 g fat</p> 	 <p>Thumbs Down</p>	<p>A box of gummi bears</p> <p>200 calories (half box) 0 g fat</p> 
<p>Large regular soda</p> <p>353 calories 0 g fat</p> 	 <p>Thumbs Down</p>	<p>Diet soda/water</p> <p>0 calories 0 g fat</p> 

**FOOD FOR THOUGHT:**  
Not only are most snack bar options very unhealthy, they're expensive too.  
Consider skipping the munchies altogether and save your cash for a more affordable (and healthier) option after the movie.



# Connecting online: Proceed with Caution

Texting, MySpace, Facebook, Twitter, or just surfing the Web are all awesome ways to stay connected with friends and family in the digital world. Whether you're a seasoned pro or just getting your feet wet with texting or social networking sites, it's important to remember one thing: Proceed with caution!

## NOTHING IS TEMPORARY ONLINE

The digital world offers many opportunities to interact and share with people, but it's also a place where there are no "take-backs or do-overs." A lot of what you do and say online can be easily retrieved, copied, saved and forwarded—even if you delete it.

## SET PROFILES AS PRIVATE

People with access to your profile on a social networking site can copy information and photos that you may not want the world to see. Don't rely on the site's default settings. Read each site's instructions to make sure you're doing everything you can to keep your stuff private.

## KEEP PASSWORDS SAFE AND CHANGE THEM OFTEN

Choose passwords that no one can easily guess. Pick two totally random words and mix in a number. Remember to change your password often and never share them with anyone (not even your best friend). Only your parents or a trusted adult should know your private passwords.

## DON'T POST INAPPROPRIATE PICTURES OR COMMENTS

If you wouldn't want your grandmother, coach, or best friend's parents to see it, it's probably not a good idea to post it. Even if it's on a private page, it could be copied and forwarded.

## DON'T RESPOND TO INAPPROPRIATE REQUESTS

A high percentage of teens receive inappropriate messages and solicitations when they're online. If you feel harassed by a stranger or a friend online, tell an adult you trust immediately. Resist the urge to respond. Instead, report inappropriate behavior or concerns at [www.cybertipline.org](http://www.cybertipline.org).

## KNOW THE LAWS

Don't post, share, or distribute copyrighted images, songs, or files. You don't want to accidentally do anything illegal that can cause issues later.

## SEARCH YOURSELF

Search your screen name or e-mail address and see what you get. That's one way to find out what others see as your online identity.

## BE RESPONSIBLE

Follow the same rules for responsible behavior in the digital world as you do in the real world and you can avoid leaving an online identity trail you'll regret.

Source: [www.kidshealth.org](http://www.kidshealth.org)

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Find additional information online at [www.HealthyNewz4U.com](http://www.HealthyNewz4U.com).

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