



Health & Fitness Weekly Wellness Message

This week your mom will be happy! It's National School Breakfast week. Mom was right – breakfast really is the most important meal of the day! Breakfast is an opportunity to fuel ourselves, to provide needed energy and improve our concentration. Studies show that children who eat breakfast have improved cognitive and academic performance which is demonstrated by sharper memory, better grades, higher attendance, even improved mood and psychosocial function. Adults who skip breakfast tend to have higher LDL (bad or lousy) cholesterol levels. If your goal is managing your weight, then eating breakfast is a sure bet. Breakfast skippers are at greater risk for obesity, have a higher body mass index (BMI), and are more likely to gain weight.

So if breakfast is so good for us, then why don't we make it a priority? One of the reasons breakfast "takes a back seat" is because of time. Don't use that as an excuse! Parents want their children to succeed in school and that may mean leading by example. Here are a few quick, easy, and nutritious breakfast ideas to either help get you started or to offer variety for what you currently eat:

- Whole grain cereal with fresh fruit and skim milk
- Whole grain toast or English muffin with peanut butter
- Cottage cheese and fruit
- Frozen fruit with added juice or milk that can be mixed in the blender
- Non-fat or low-fat yogurt with cereal
- Scrambled eggs with low-fat cheese and salsa
- Peanut butter and jelly sandwich (try it with frozen waffles for kids)
- Whole grain bagel with peanut butter and banana
- Low-fat yogurt with fresh berries and high fiber cereal
- Oatmeal, raisins, blueberries, peanut butter with skim milk

Need more help getting creative with breakfast? Check out this link for quick and easy ideas: <http://familyfun.go.com/back-to-school/back-to-school-breakfasts/back-to-school-quick-breakfasts/>

Want to get your kids even more excited about breakfast? One day they will have to fend for themselves, so why not teach them how to cook? Hey Kids, Lets Cook! helps children and teens develop cooking skills and demonstrates how to make easy, irresistible, and delicious recipes. <http://heykidsletscook.com/>

Upcoming Noteworthy Events: Executive Health Assessments /Treadmill testing
March the 7th
Building 59, room 118
Stop by Health Fitness to sign up!

Immunizations for Spring Travel
March 22nd and 23rd for NWC students
Location: NWC West Wing from 0730-1400

Immunizations for Spring Travel
March 19th– 21st for ICAF students
Location: ICAF Room 107 from 0730-1400

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