HOW TO STAY MOTIVATED!

• Now that camp is over, you need to continue to set new goals, try new things and push yourself. Here are a few helpful tips to keep you and your family motivated!

• Continue to set goals. Set small measureable goals that will help you get to your overall large goal. Remember to make your goals realistic and achievable.

• Keep a journal. This is very helpful to track how you are doing. Use the Super Tracker on www.Choosemyplate.gov to help keep track on what you are eating.

• Try new foods. Eating the same foods every night can get old. Look for new healthy recipes online, in cookbooks or magazines so you don’t get bored with healthy eating.

• Keep tempting foods that trigger you to overeat out of the house. If tempting foods are already in your house because someone else bought them, sometimes it helps to put them always in a high cabinet. Out of sight, out mind.

• Enlist support from friends and family. They will help keep you motivated and on track. Teach your family everything that you learned at camp so they can eat healthier.

• Team up with a friend and hold each other accountable for eating healthy.

• Make time. Figure out what times are best for you to exercise. Remember that kids need at least 60 minutes of physical activity a day.

• Don’t let one set back keep you from working toward your goal. Don’t get down on yourself if you slip-up, just make sure your next meal is a healthy one!
RAW CORN AND AVOCADO SALAD
(Serves 8-12) based on this recipe.
Ingredients:
• 6 ears of fresh uncooked sweet corn, husked and cut from cob
• 1 cup red onion, diced
• 1 large avocado, diced
• lime juice (1 lime or about 3 Tablespoons)
• 1/4 cup fresh basil, chopped
• 1 teaspoon sea salt
• Ground pepper, to taste
Preparation:
1. After husking and cutting corn from the cob, pull out as many corn silks as possible. Combine all ingredients in a large bowl.
2. Serve immediately or allow it to marinate for a few hours. I like to make it the night before and allow it to marinate overnight as it tastes even better the next day.

SEPTEMBER 22, 2012
CAMP IROCK FOLLOW UP MEETING

SAVE THE DATE!

IF YOU HAVE QUESTIONS CONTACT US:

FOR PHYSICAL ACTIVITY IDEAS:
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If you have a story/information you would like to include in the newsletter, please contact us at 501.686.2720.