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POINTE FITNESS

The monthly health and fitness newsletter of the City of Ballwin, MO

National Nutrition Month

March is National Nutrition Month. This newsletter, many times, focuses on the responsibility of adults in leading children to healthier lifestyles. Just as being more active should be encouraged, so should fueling the body with healthy choices. Kids learn from their parents, plain and simple. The earlier kids are given healthy choices and the explanation of why they are healthy, the better. After all, parents have an innate urge to do what's best for their kids, not what's easiest. With that said, here is an excerpt from an article on eatright.org, the American Dietetic Association's website.

As with any part of raising children, no one does a perfect job with nutrition, not even nutrition professionals. As a parent, grandparent or adult caregiver, you can help raise healthy eaters during these critical years by doing your best to:

- *Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.*
- *Provide calm, pleasant meal times where adults and children can talk together.*
- *Allow children to use their internal signals to decide how much and what to eat.*
- *Explore a variety of flavors and foods from different cultures and cuisines.*
- *Share an appreciation for healthful food, lovingly prepared and shared with others.*
- *Make food safety, including washing hands, a part of every eating occasion.*
- *Teach basic skills for making positive food choices away from home.*
- *Find credible food and nutrition resources when you don't know the answer.*

While this may seem like an intimidating list, two family habits go a long way in making

this happen: regular family meals and involving kids in nutrition from the ground up.

Most of the items are self explanatory and take just a bit of common sense to understand and implement. There are two items that deserve additional comments. First, allowing children to use internal signals to decide how much and what to eat can be difficult. Many of us have been told to clean our plates at meal time. This is well intentioned, but can teach the wrong lessons to impressionable children. This is particularly misguided when the serving sizes are way overboard on the child's plate. Adults should still control the amount that is actually on kids' plates, assuming said adults have a good understanding of normal, healthy serving sizes. Kids, however, should be given some freedom to let adults know when they are full. The second item, finding credible information when you don't have the answers. Not only is there more information than ever on nutrition and wellness, the information seems to change weekly. What is healthy today according to one news article is detrimental to health according to another article. Seeking out nutritionists and dietitians for answers is the best option. This is particularly true if there are health conditions that may be affected by changes in diet.

For the most part the average person knows what a healthy diet includes and excludes. The challenge lies with actually implementing a healthy diet and then passing that knowledge to our children. What and how much we eat are learned behaviors that are taught by adults. Parents must call upon that innate drive to do what's best for their children and take steps to create healthy eating habits.



Ballwin Race Series

The first race of 2016 has come and gone! It's not too late to get started and earn points! The next two races are:

6th Annual Dirty Spokes Mountain Bike Race-April 10 and 16th Annual Conquer Castlewood Team Adventure Race-May 15. Both take place at Castlewood State Park. For more information go to www.ballwin.mo.us.

Upcoming Pointe programs!

Group Functional Training

Six sessions with a Pointe Personal Trainer! Choose from two times!

Days: Tuesdays and Thursdays

Dates: March 15-March 31

Time: 8-9pm

OR

Days: Wednesdays and Fridays

Dates: March 16-April 1

Time: 9-10am

Fee: VIP-\$65 Reg-\$75

Basic Training

This 24-class program is sure to get your workout routine kickstarted!

Days: Mondays-Thursdays

Dates: March 28-May 5

Time: 5:45-6:45am

Fee: VIP-\$129 Reg-\$149

Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays

Dates: April 6-May 11

Time: Beg-6:30-7:30pm

Int-7:30-8:30pm

Fee: VIP-\$54 Reg-\$78

Age: 6 and up, including adults

Tumbling Tykes

Days: Mondays

Dates: April 18-May 23

Time: 6:30-7:15pm

Fee: VIP-\$34 Reg-\$44

Age: 4-6

Yoga In The Park

Days: Wednesdays

Dates: April 27-June 1

Time: 9-10am

Fee: VIP-\$30 Reg-\$42

Location: Vlasis Park



Healthy Contributions

Your insurance provider may offer reimbursements for fitness memberships to The Pointe. Go to the Healthy Contributions website to see if your provider is on the list and see how your provider can begin offering this benefit.

Go to

www.healthycontributions.com

or call 1-800-317-2739.

SilverSneakers® and Silver & Fit®

If you have a Medicare supplement or advantage plan, make sure to look for the SilverSneakers® or Silver & Fit® benefits. The Pointe at Ballwin Commons is a provider for these programs. They cover your membership to The Pointe!

Pepper Jack, Chicken, and Peach Quesadillas

- 1 teaspoon honey
- 1/2 teaspoon fresh lime juice
- 1/2 cup reduced fat sour cream
- 4 8-inch flour tortillas
- 3/4 cup pepper jack cheese
- 1 cup chopped skinless' boneless rotisserie chicken breast
- 1 cup thinly sliced peeled firm ripe peaches
- 4 teaspoons chopped fresh cilantro
- Cooking spray

1. Combine honey and lime juice in a small bowl, stirring well with a whisk. Stir sour cream into honey mixture; cover and chill until ready to serve.

2. Place tortillas flat on a work surface. Sprinkle 3 tablespoons cheese over half of each tortilla; top each tortilla with 1/4 cup chicken, 1/4 cup peaches, and 1 teaspoon cilantro. Fold tortillas in half.

3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Place 2 quesadillas in the pan, and top quesadillas with a cast-iron or other heavy skillet. Cook 1 1/2 minutes on each side or until tortillas are crisp and lightly browned (leave cast-iron skillet on quesadillas as they cook). Remove quesadillas from pan; set aside, and keep warm. Repeat procedure with the remaining quesadillas. Cut each quesadilla into wedges. Serve with sauce.

4 Servings: 364 Calories, 16g Fat, 34g Carbs, 21g Protein