

If You Are What You Eat, Why Not Be Delicious!

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As we draw closer to 2010, New Year's resolutions are on the minds of many people. All of us here at the winter office have been thinking about 2010 for quite some time. We are excited to share our Southwoods resolution for the healthiest camp season yet with you. We introduced **The Healthy Way** program to you in our October issue of *The Southwoods Way*. We have shared our plans to have special programs, new food opportunities and lots of other great things at camp. But what about now? How do we all begin a new healthy way here and now at the dawn of a New Year?

Holidays, holidays, holidays - we know food is all around us and living the Healthy Way can be challenging this time of year. We all have our passions and family traditions and there is no reason these sweets and special treats cannot be enjoyed by all. But make sure to include some healthy foods as well. Let the kids pick one healthy recipe and try making it. It may not become a favorite, but it sure will be fun to do it together. The one you do end up liking will become a new tradition just like talking about the one that tasted horrible will provide humor for holidays to come. Something we do at our house, we make sculptures out of raw vegetables (those veggie trays are always so boring). You can make people out of raw vegetables and use them as the holiday place cards so people know where to sit for the big meal - and then the guests can eat them as appetizers! If you are what you eat, why not be **delicious!**

In addition to good food choices, we know many of our campers participate in group sports or other extra-curricular activities - keep doing these. It is also a wonderful time of the year to begin a new family tradition of being physically active together. Let's look at some activities that you can participate in as a family. Making a priority of simply being outside is easy. While you are out there, try a new outdoor sport like ice skating, cross country skiing, ice hockey or downhill skiing. Or just get outside and play. Not only will your children gain so much from your presence, but you will be surprised at the exercise to be gotten in building that snowman, taking a nature hike around the neighborhood, or one we do...look for wildlife or nature. A variety of that game is to specifically look for one that starts with each letter of the alphabet. Not that warm blooded? Okay stay inside, but still get moving - when is the last time you had a dance party with your children? Or a favorite of ours - create an indoor crawling obstacle course and race for times? Yoga or exercise DVDs? Or start some leagues on the Wii that require physical action like tennis or bowling or ski jumping, keep stats? Just do something active as a family everyday!

Please email us with your healthy way ideas and we will share them. We will continue to share our ideas and the activities we think of so that we can all be **DELICIOUS!** Here's to the healthiest and happiest New Year!

BOOKS TO CONSIDER:

Yum-O The Family Cookbook - by Rachel Ray

New York's 50 Best Places to Take Children - by Allan Ishac (Great ideas for places to walk and be outside and inside)

DVD-Yoga For the Kid In All Of Us