

# Frisco YMCA MEMBER NEWS –February



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## I AM SO BUSY!!! HOW DO I EAT GOOD ON THE GO?

Whether you are running around all over town, or just juggling a house full of hungry kids, life gets BUSY! How do you eat healthy when you don't even have time to sit down? You simply have to understand a few basic tips that our friend, Registered Dietitian Jana Pitcock RD, LD with Baylor Medical Center at Frisco shared with us!

- **Stock your pantry and refrigerator with healthy grab and go items.** Some great options include: low fat or fat free yogurt, fresh whole fruit, pretzels, no sugar added applesauce, low fat string cheese.
- **Think ahead.** Take time to prepare snacks and meals in advance to save time and resist fast food temptations. For example, prepare salads and keep them stocked in the refrigerator, pop popcorn and portion out individual servings into plastic baggies, or make parfaits with layers of low fat yogurt and fresh mixed berries, topped with low fat granola.

- **Set yourself up for success.** Avoid overeating by having small, frequent meals/snacks throughout the day. When you're on the run it's easy to skip a meal and before long, you find yourself looking for the nearest drive-thru. Don't allow yourself to get to this point. Keep snacks in your car or purse!

So pack your purses/cars with healthy foods, and put down the fruit roll ups! It will make for a much happier and healthier family!



## Partners Campaign

Take a look at our goal in the lobby (*it's the giant fundraising thermometer*) we are raising funds in order to provide families and individuals the opportunity to benefit from YMCA Programs, regardless of circumstance or ability to pay.

Want to donate? Go to our Frisco Web site, we have a quick link!

[www.friscoymca.org](http://www.friscoymca.org)

## GIRLS ONLY!! Nutrition Club

Join us for four weeks of fun and learning! Get a healthy understanding of food and how to maintain smart nutrition practices for *LIFE!*

### What to expect in class:

- Understanding 'Nutrition Facts'
- Simple Fitness Knowledge
- Choosing Healthy Foods
- Girls ages 9 & up talking about food & health!
- Cooking & Preparing Easy Meals

## Want a copy of this Newsletter?



Simply scan this Barcode with your free barcode app on any smart phone!

STAY CONNECTED

## FIND US ON



### SAVE THE DATE

- February 18– CPR/First Aid Class
- February 20–6:30PM Summer Camp Information Session
- February 22– GIRLS ONLY! Nutrition Club Starts
- February 23– Last day of Standard Registration for Spring Sports!
- February 25– Parent's Night Out

REGISTER ONLINE TODAY!

2012 SPRING SPORTS!

Flag Football / Cheer / Soccer

NEW!!! SPRING BASKETBALL