



Nutrition News
Hartford Public Schools
Department of Food Services and Nutrition Education
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Have a new Attitude about Your Weight



Get Healthy Hartford's theme for the year will continue to be wellness with an emphasis on appropriate weight throughout life.

- ❖ Instead of trying to lose 30 % of your body weight, experience how good 10 % feels
 Just a 7 % weight loss and increased physical activity can delay or even prevent Type 2 Diabetes in high-risk individuals
- ❖ The food and lifestyle choices you make shape your shape
 Eating out is enjoyable and relaxing and therefore it is more tempting to eat larger portions
- ❖ Sleep deprivation disrupts your body's normal ability to process and control your weight
 Appropriate number of hours of sleep helps to control cravings
 A short nap will help you to eat less

Highlighting Success



In the first month of exercising regularly, you'll start to feel the difference. In the second month, you will see the difference. In the third month, others will notice the difference.

Others are definitely noticing **Mr. John Laverty, Principal of Batchelder School** who has lost over 93 pounds and dropped 14 belt sizes.

Last year on October 7, Mr. Laverty did not like the way he looked or felt and he had fears concerning his health. He always loved chips, breads, sweets and fast foods but, one year ago, he made the decision to make some changes.

He began to walk outside and on a treadmill, use an exercise bicycle and weight train. Now he cannot go through a day without some form of exercising and is walking 2-3 miles a day with his walkman. He also changed his eating habits by eliminating the chips, pizzas, fast foods and sweets. He has switched to whole grain breads and is reading labels now. He says natural foods taste better now because he is eating them slower and enjoying them more. He feels better, has more energy and is able to do his job more effectively. His advice is to stick with it through the initial three weeks and you will begin to feel differently and that will be the motivation to continue.

If you, an individual or a group in your school is losing weight utilizing a healthy program and would like to be highlighted in the Nutrition News, please contact Susan Davis, R.D. at 695-8596.

Get Healthy Hartford is Getting a Little Help from Our Friends



Nursing students from **Saint Joseph's College** will be assisting Mrs. Delores Kellerman, R.N. (Fox) and Mrs. Gail Bunce, APRN (Quirk) with wellness and healthy weight discussions with students.

The University of Connecticut Coordinated Dietetic Program's students are designing some of the informational displays about healthy weights this year.

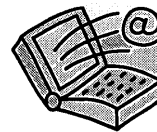
SAND School is offering a Weight Watchers' At Work Program. Please contact Agnes Black 695-5048 for more information.

Thanks to **Hartford Hospital's** Rick Seip, Ph.D. the Food Services' Central Office staff is wearing pedometers to keep us walking as we strive for 10,000 steps a day. Dr. Seip did a study of the correlation of weight and walking with 10th graders at Weaver High School last year.

In July, **WQTQ** had a Get Healthy, Get Fit, and Get Quite Wellness Fair at Weaver High School. WQTQ (89.9 FM) will continue to stress wellness in the greater Hartford area this fall.

Curves for Women on New Britain Avenue, West Hartford is offering a special for Hartford Public Schools' staff members. Please mention Get Healthy Hartford when you join, and they will waive the initial fee.

Get Healthy Hartford is on the Internet



Check out the Food Services website <http://users.rcn.com/foodserv> for weight loss tips, our current menu and this newsletter.

Compete for Prizes

There will a staff **weight loss competition between schools or departments** beginning November 3. There must be at least 10 members in the group who are willing to weigh in once a week, exercise and maintain a record until April 16. Contact Susan Davis 695-8596 or Deborah Fournier 695-8597 in the Food Services Department if you have a willing group.

Nutrition Classes for all the Grade Levels and Parent groups

Please contact Susan Davis at 695-8596 or sdavis@hartfordschools.org if you would like to schedule a nutrition presentation.