



# COLONIAL NEWS

Health Committee Newsletter

February 2017

Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and to live a healthy active lifestyle.

## Recipe of the Month: Banana & Almond Butter Toast

### Ingredients

- 1 tablespoon almond butter
- 1 slice rye bread, toasted
- 1 banana, sliced

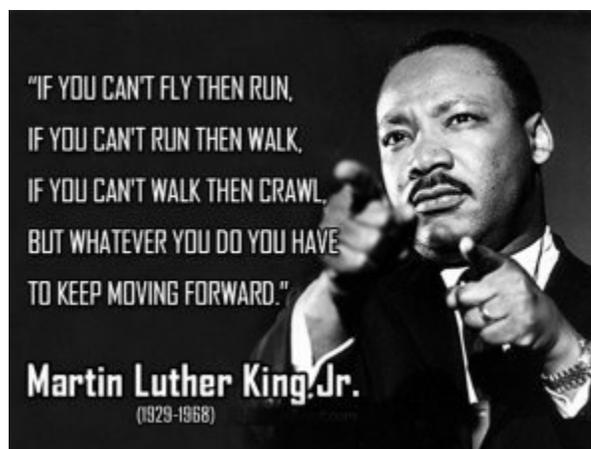
### Directions

1. Spread almond butter on toast.
2. Top with banana slices.

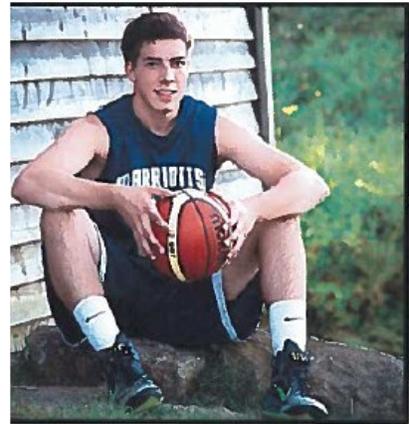


### Nutritional Information

Calories 280  
Fat 11 g  
Safat 1 g  
Monofat 7 g  
Polyfat 2.5 g  
Protein 6 g  
Carbohydrate 44 g  
Fiber 5 g  
Cholesterol 0.0 mg  
Sodium 260 mg



A majority of the schools in the district recently received basketballs thanks to the “Pass on the Passion” campaign. Greg Speelman, a relative of AG South’s Wyatt Whelan, loved the game of basketball. He was a kind, positive young man that always gave 100%. In his memory, family members wanted to find a way to continue his positive attitude and outlook on life. Basketballs were donated to the campaign, which were distributed to schools throughout our district. On behalf of the Albert Gallatin School District, we would like to thank Debbie Whelan for her generosity, time, and effort she has put forth during the family’s trying times.



**Fitness Tip of the Month : Nutritional Tips**

The muscles you engage during exercise, whether it's cardio, resistance training or flexibility work, rely on the nutrition you provide them through your diet. Supplying your body with nutrients before you work out, after you work out and in the recovery period between workouts can impact the quality of your session and affect your fitness goals. Here’s a simple list of a few ideas to incorporate before and after your training sessions.

Pre Workout Snacks	Post Workout Snacks
<ul style="list-style-type: none"> <li>• Dried fruits</li> <li>• Fresh Fruits</li> <li>• Oatmeal</li> <li>• Quinoa</li> <li>• Rice Cakes with Nut Butter</li> <li>• Banana with Almond Butter</li> <li>• Smoothie</li> <li>• Whole grain cereal with a cup of almond milk</li> <li>• Granola or fruit &amp; nut bar such as KIND or Larabar</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Milk</li> <li>• Boiled Eggs</li> <li>• Protein Shakes</li> <li>• Protein Bars</li> <li>• Cottage Cheese with Berries</li> <li>• Greek Yogurt with Berries</li> <li>• Peanut Butter on Wheat Toast</li> <li>• Hummus with Baby Carrots</li> <li>• Cheese &amp; Whole Grain Crackers</li> <li>• Nuts</li> </ul>

### DID YOU KNOW?

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5

10

**15**

20

25

**30**

35

40

For the first 15 minutes of your workout, your body burns **sugars and carbs**

At 30 minutes, your body enters the **fat burning zone**

**KEEP PUSHING!**

FITNESS facts @CokeleasOcala