

Mix Up The Routine!

Life can be so routine. We wake up, eat the same breakfast every morning, go to school or work, come home, do our regular exercise or sports routine (hopefully), have dinner, do homework, and then go to bed. If this sounds like your life, then it's time to spice things up and mix up the routine! Don't let life pass you by! There is so much adventure to be discovered with food and activity that no day should be a dull day.

Let's start with food. Part of making sure food is fun is creating a plan for fun. Start with a great cookbook or gather the recipes from your favorite magazine. Next, make a chart with 7 columns and 4 rows. Label the rows with the meals in a day, and label the columns with the days of the week. Now go back and fill in the blanks with your creative meal ideas. For example, you may plan to cook a meal on Sunday and enjoy leftovers on Monday, order a pizza and salad on a busy Tuesday, let the kids pick Wednesday's meal, enjoy a crock pot creation on Thursday, and leave Friday wide open for spontaneity. You can even create an ethnic theme to your menu, like Mexican Mondays, Asian Tuesdays, Italian Wednesdays – you get the idea. The bottom line is that having a plan in place saves time, reduces stress, saves money, makes eating more enjoyable, and allows more time for family and personal physical activity.

Life is also busy with the need to transport children from one activity to another. When it comes to activity it's important to add some creativity and adventure. Just like with your meal plan, you need to ask, "is this fun?" Roughly twenty million kids register for competitive sports each year, but the National Alliance for Sports reports that 70 percent of these kids quit playing league sports by age 13 – and never play again. Why do kids quit? They complain the sport stopped being "fun". It could be that some children prefer to have more relaxed "fun" versus being competitive, or it could be that they didn't find the right sport for them, or maybe life was just too busy that it took the fun out of the game. Whatever the reason, talk to your children about the variety of activities they can be a part of, and make sure they are enjoying every day.

Life is full of surprises.....go find a new surprise that supports a healthy and active lifestyle today!



Roxanne Moore
National Director of Wellness Brand
Sodexo Education

*Don't Let Life
Pass You By!*

Roxanne Moore is a Registered Dietitian and past spokesperson for the American Dietetic Association (ADA). She completed her undergraduate work in Dietetics at Hood College in Frederick, Maryland, and her Masters in Health Science and Business at Towson University in Towson, Maryland. Roxanne has over 15 years experience developing nutrition education programs and providing nutrition education for individuals, groups and the community-at-large. She is certified as a Child and Adolescent Obesity Counselor and a member of ADA Sports, Cardiovascular and Wellness Nutritionists dietetic practice group.

Sodexo is proud to partner with your school district to provide nutritious school meals for your children. Our unique approach provides students with a variety of healthy menu choices designed specifically to satisfy their taste preferences. To learn more, visit www.sodexousa.com or call 800-354-7000.

