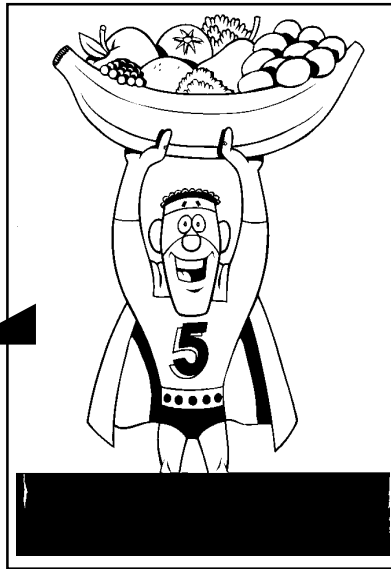


Healthier Communities Today

The Quay County Maternal Child and Community Health Council -- Number Three

separated to
B R H



By Jay Negro Home Economist

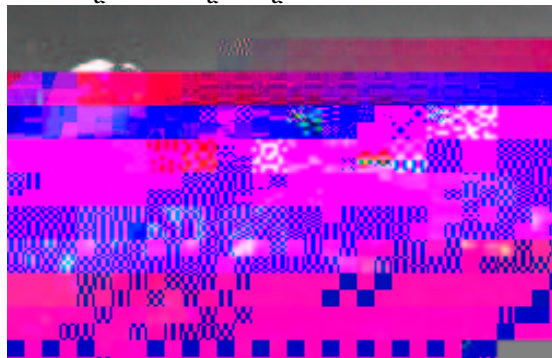
Captain 5-a-Day

Jack LaLanne

They both promote healthy lifestyle they both over exercise and physical fitness and they both rely over eat and promote fruits and vegetables. Could they have so effectivity

Captain Five-a-Day is the cartoon spokes man for the Captain Five a Day program from the Connecticut Department of Public Health. Through a grant from the New Mexico Department of Health this program aimed at preschoolers and their families teaches kids in a fun way about the benefits of getting five fruits and vegetables and plenty of physical activity every day. This program also helps parents find new ways to buy and serve fruits and vegetables to their children more often. Kids over Quay County are playing and learning with Captain Five a Days by citing audiocassettes that teach about fruits and vegetables strong ones and physical activity. These cassettes are given to parents at Nutrition Education classes in our area. If you missed these events there are a limited number of audiocassettes still available from the Quay County MCCH Council which can be contacted at the phone number above.

Jack LaLanne is a world renowned fitness expert and hosted the popular TV exercise program. The Jack LaLanne Show from the 60s until the 80s. He decided to become a bodybuilder as a teen because the other kids picked on him because he was so strong. He became a star football player in high school and went on



Jack LaLanne towing a 1000-pound boat from San Francisco Harbor to Alcatraz on his 70th birthday.

to start one of the first fitness spas in the world at the age of 30. Ask your grandmother if she knows Jack and she will probably say Yes, because his still active Jack is not on your active list. EVERY one

Becoming a senior citizen hasn't stopped Jack. In the picture above Jack pulled a boat across San Francisco Bay to celebrate his 70th birthday. In the picture above Jack is honored with a star on the Hollywood Walk of Fame in Los Angeles at the age of 70. Does he look 70 years old to you?

Jack is never shy about the secret to his robust health and long life daily physical activity and lots of fruits and vegetables. He has eaten a vegetarian most of his life and he still exercises at least 6 hours a day. He is 70 years old this coming year.

If you don't know whether Captain Five a Day and Jack LaLanne are related but their message is the same. Eating plenty of fruits and vegetables and being physically active every day can help everyone lead a healthier longer life.

To help you get more fruits and vegetables and physical activity we have put some cool new cooking super recipes and easy morning exercise program on the back of this newsletter. The recipes come from the official Five a Day website from the National Institutes of Health and the exercises come from a free program created by Jack LaLanne. Enjoy!

For more information about the MCCH Council, contact Alida Brown at 461-4218.

This newsletter is produced with funds from the New Mexico Department of Health.

L y **a a n a a**
This is an official 5-A-Day recipe
and provides each person served with 1 serving of fruit.

L y **a a n a a**
This is an official 5-A-Day recipe
and provides each person served with about
two servings of vegetables.

Basil Vinaigrette or Non-Fat Basil Vinegar:
This is an official 5-A-Day recipe
and provides each person served with about
two servings of vegetables.

L y **a a n a a**
This is an official 5-A-Day recipe
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