



reversing trends in obesity
and chronic disease

TurnTheTide

Did you see Dr. Katz on...

Welcome to Our Spring 2010 Newsletter

playing together can provide
mental and physical benefits for
all involved. Outdoor play

Welcome to Our Spring 2010 Newsletter

Julia's great active family vacation ideas:

Skiing—at <http://www.steamboat.com/> is my personal favorite

Biking—no better place for the entire family than Hilton Head Island's bike trails

Hiking—we haven't done that trip yet but <http://www.trails.com/toptrails.aspx> will tell you the top 100 places in the US

Walking—long walks in your neighborhood together can make for a mini-vacation every night!

Laughter—rent or buy a great comedy and watch it as a family. Your kids need to see classics like Ferris Buehler's Day Off, Caddyshack, Planes, Trains and Automobiles, Sixteen Candles, etc.

How to Help

Bringing with it the menace of diabetes, heart disease, disability, and premature death, obesity is a public health crisis of the first magnitude. With your support, Turn the Tide can help to:

- **Influence leaders** in government, education, public planning, and the medical professions
- **Improve your health** and the health of your family through honest and accurate information
- **Provide funding**, or offer guidance to important funding sources, to sustain and expand Turn the Tide Foundation's research agendas.



OR Mail a check to:
Turn the Tide Foundation, Inc.
130 Division Street, 2nd floor
Derby, CT 06418
Attn: Beth Comerford

If you have any questions please email Beth

Foundation, the *Nutrition Detectives*™ program materials have been translated into Spanish. These include: a video presentation of the program being taught to students in a “magical classroom;” a PowerPoint slide show; a teacher manual; and supplemental materials for students and their families. The full set of program materials on DVD can be ordered in English or Spanish from the website <http://www.davidkatz/tools.com>.

Save the Date! June 6-7, 2010

Food For Your Whole Life Health Symposium in New York City. Join Dr. David Katz, Dr. Mehmet Oz, and Dr. Michael Roizen and other internationally-recognized researchers, clinicians, educators, and health experts as they present the latest research on age-based nutrition for optimal health. For more information, visit <http://www.foodforyourwholelife.com/symposium>

NuVal Food Scoring system coming to Palm Beach County Schools!

In partnership with **Dr. Mehmet Oz's Health Corp**, and **NuVal, Inc**, and with the generous support of the **California Walnut Commission**, Turn the Tide is pleased to bring the NuVal food scoring system to the Palm Beach County School cafeterias to help students and teachers make healthy food choices. Stay tuned for future updates. For more information, see www.nuval.com



NuVal scores for tens of thousands of foods will soon be available on-line! Check www.nuval.com for updates.

Spring Break! *By Julia Havey - Turn the Tide Board Member and author of the Vise Busting Diet.*

I guess the feeling the term “Spring Break” evokes has a lot to do with our age. Children look forward to it all winter long; a chance to have a few days off of school without it having to be a snow day. In the college years one hears “Spring Break” and heads to the nearest beach with little more than a bathing suit and beer. Many working parents dread “Spring Break” because it means babysitting, shuffling their schedules and hassles. For some “Spring Break” means a trip with family—that's my favorite! Through the years we have taken many “Spring Break” trips as a family and while the destinations have been as varied as Hilton Head, Destin, Panama City and Mexico; some things remained consistent -- exercise, laughter and great memories. We always make sure that a gym is nearby, locate the bike rental shops, and buy lots of healthy groceries when we arrive in town (saves on eating out costs and you healthy food. Time with family is a treasure and provides memories that will last a lifetime. This year we took our vacation to new fitness and fun highs; literally - we headed to Steamboat Springs Colorado to go skiing!

With the current rise in childhood obesity rates I think it's important for families to spend their leisure time and especially their vacation time doing activities that will get them as physically fit as possible. Spending time lounging in the sun is certainly a great stress reliever but getting an extra dose of exercise is almost magical—and doing so as a family is beyond

Thank you to our recent donors!

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exhilarating, I promise! Not to mention the wonderful example of physical fitness that you will be setting for your children to follow hopefully for the rest of, and best of their lives.

I will be honest with you, when we were booking our trip, I noticed the sponsorship link at <http://www.steamboat.com/> and became a bit concerned when I read that Snickers and Coca-Cola were among the list of sponsors. It seems you can't get away from these corporations and the influence they have on our children—even at 10,000 ft! I expected to see Coke machines at every chairlift and snickers being passed out like ski poles. Thankfully, I was wrong! The ONLY time that I saw these companies was on the website itself. Sure, there were candy bars for sale and soft drinks for purchase in the restaurants but it was not pushed nor were they the only options—I saw more water bottles and apples & bananas than soda and candy. I saw healthy salad bars and soups. I was relieved to see that healthy choices were abundant and prevalently displayed.

Our trip to Steamboat was awesome! 7 days of some of the best skiing I have ever had. The runs had plenty of snow, were well groomed and there were friendly people to help out any time you had a question or needed any help. Parents, regardless of how old your children are, there is something for everyone—even grandparents!

I rode up the gondola with a group of 5 year old ski-school attendees and it was absolutely precious to witness the fun they were having. The instructor pretended to do magic and then asked each to look in their pocket—there he had planted one tiny Starburst candy in each child's coat, however one boy exclaimed “and I got a \$20 dollar bill!”. You can image the reaction from the children who only found candy in their pockets. Thankfully the boy decided that his father must have put it there in case of emergency. I watched with delight as the children all made their way down the mountain following their instructor like baby ducks in a row, snow plow position and smiles firmly in place. The giggles heard from these young skiers throughout the week couldn't help but make me smile as it was obvious how much fun they were having. When our children were younger, after a few days at ski school they were able to join us and enjoy skiing together for the remainder of our trip. There is NOTHING as much fun as skiing with your children! I enjoyed skiing with my father and now have the same joy skiing with my children.

And grandparents are always welcome on the mountain. My father sadly isn't able to ski with us anymore but many seniors can be found on the slopes. I had the pleasure of sharing a chairlift ride with an 85 year old woman from Bavaria. We made fast friends after I told her my mother is also a Bavarian! She told me which trail to take to get to the base of the mountain and said she would ski it with me; well, it *was* my *first* day on the mountain—let's just say she got tired of waiting for me and said “Aufedersein” and waved goodbye as she flew by me skiing in a manner that would even put Lindsey Vonn to shame!

Our seven days of skiing burned roughly 400 calories per hour (<http://www.nutristrategy.com/activitylist3.htm>), went through 3 rolls of film, caused a dozen belly aches from uncontrollable laughter, created memories to last a life time and was more fun than the law should allow. On second thought, there should be a law insisting that every family take a vacation filled with physical fitness! It's no secret; the great time was largely a result of the endorphins released by the exercise and any one can realize

the same great time doing any number of activities—the secret is as Nike would say “Just do it!” *See box at left for more of Julia’s tips for active fun vacation ideas.*

Would love to hear about your family fitness fun; email me at Julia@ViceBustingDiet.com And, for anyone wanting to lose weight this year, please visit www.ViceBustingDiet.com and join my campaign to help 1 million people shed pounds this year—FREE!

Julia

<http://www.turnthetidefoundation.org>