



December 2015

The DJJ Healthy Way

An exploration of health and wellness in and around our community.

Staying Healthy During the Holiday

The holiday season serves as a great tradition of spending time with family and friends around the dinner table. Many take the opportunity to don our stretchy pants and dive into a plate of our guiltiest pleasures from items such as mountains of mashed potatoes to a double slice of pie. It is always important to keep in mind that, while our minds may be at peace with a little holiday food splurge, our bodies do not differentiate between seasons. A pound gained for a holiday feast can easily become a pound kept for life.

Luckily, holiday health isn't an all-or-nothing situation. Keeping healthy during the holidays doesn't mean we must deprive ourselves of holiday traditions. It does mean, however, that we can benefit by steering some of the focus of our holiday traditions to people instead of food.

For example, implementing social time in communal areas such as a living room instead of the dinner table can decrease the likelihood of grazing. If the dinner table is the primary social spot, clearing away food in favor of playing games can help divert attention away from seconds (or thirds)! A breath of fresh air can be a great opportunity to change the environment and take a stroll with loved ones.



Food is an important part of holiday tradition, but it's important to remember that it isn't the *only* tradition. The most important traditions are those who share them with you. Keeping our focus on feeling satisfied instead of stuffed can help us fully enjoy the time we get to spend with those around us.

More Fun with National School Lunch Week

This October, facilities across Georgia celebrated a "Snapshot of Wellness" during National School Lunch Week. Encouraging youth to eat healthy and be active, National School Lunch Week (NSLW) was created in 1962 by President John F. Kennedy and is a weeklong celebration of the school lunch program. NSLW is recognized every year at DJJ by decorating cafeterias and hosting special events and special menus.

DJJ Wellness Committees put their thinking caps on to develop creative events for NSLW throughout the state. Youth learned about writing checks and budgets, competed in physical activities such as yoga and Iron Man Competitions, created emotional alphabets, played group games, and meditated during coloring and classical music. There was no shortage of exciting happenings taking place, enjoyed by youth and staff alike! Great job to all Wellness Ambassadors and Wellness Committees on their hard work and dedication!



*Savannah RYDC
gets physical!*



*Muscogee YDC staff
teams up for NSLW!*

Getting to Know Our Staff: Marsha Graham

Marsha Graham is the Food Service Director for Eastman RYDC
I've been with the DJJ for: 10 years
My favorite part of my job is: Seeing our youth smile and saying thank you.
My advice for my coworkers: Be a team that takes pride in your work.
Interesting fact about me: I have been married for 50 years
My guilty pleasure TV show is: NCIS

Recipe of the Month:

Cinnamon baked Pears
 A Pear-fect guilt free treat!

Ingredients:

- 2 pears
- 2 tsp cinnamon
- 2 tsp honey (or maple syrup)
- 3 tbsp walnuts
- Optional:
- 4 tsp Vanilla yogurt



Directions:

Preheat your oven to 175. Cut each pear in half. Using a tablespoon, scoop out the inside of each half. Cut off sliver of the pear to help it lay flat on a baking sheet. Fill the scooped out half of each pear with walnuts and drizzle with honey. Sprinkle cinnamon over each filled half. Bake for 25 minutes. Serve with a dollop of vanilla yogurt.

Spotlight on Food Trends: New Years Resolutions The SMART Way



Have you ever been to a gym after the first of the year? It will never be quite as crowded as it is in January. Slowly but surely, day after day, the crowd thins and the gym retains only a few faithful goers. Goals aren't always fitness related, but improving health, whether financial, spiritual, or physical, frequently tops the charts for New Year goals.

For many of us, we don't reach those goals. And, year after year, we continue to fall short, by a little or a lot, of reaching our resolutions. Typically, we fail to meet our goals because they're too large, too unrealistic, and we don't often check in on our progress as time goes on. The best way to make a goal and stick with it is to keep it SMART. Use the chart on the right to help form an excellent goal for the New Year. Write down your own goal, and then ask yourself the questions from the chart. Tweak your goal until you find that it meets the SMART guidelines!

Specific	Define your goal. Ask yourself: Who, what, when, why, which?
Measurable	Measure your goal. How much or how many? How will you know when you've accomplished the goal?
Attainable	Make sure your goal is within your reach. Is the goal reasonable enough to be achieved? Have you made similar goals before? Did you reach them?
Realistic	Even if the goal is within your reach, make sure it can realistically be part of your life. Can it be achieved with resources given?
Timed	Decide how long you'll have to complete this goal, setting up reasonable timed check-ins where appropriate.

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