

RULES OF THE ROAD

A MAGAZINE FOR THE ENTIRE FAMILY

FALL 2016

**Young Family
Trendsetters on the
Healthy Highway**

**RAA: Inspiring Hope
& Improving Ability**

**More Delicious
Recipes from
Rev's Chef**

**6 Tips: Creating
Your Own Road
Map of Healthy
Choices**



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www.Healthy-Highway.com



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Inspiring Hope. Improving Ability



BOOK WENDY COOPER FOR YOUR NEXT EVENT
To book Keynote Speaker, Wendy Cooper, President and Owner of Healthy Highway, for your next event or to schedule one of her highly interactive workshops for your business or organization, email her at wcooper@healthy-highway.com. Learn more about Healthy Highway by visiting Healthy-Highway.com.



Wendy Cooper, retired 30-year physical education teacher, is the founder and president of the award-winning, fun Healthy Highway program that uses traffic themes and metaphors to encourage children to make healthy choices. Healthy Highway has been used in schools around the country and featured in numerous publications. In March 2012, Healthy Highway received national recognition and was featured as a "How Cool is That?" organization on Rachael Ray's Yum-O website and in the Yum-O Newsletter.

Throughout Wendy's career her goal has always been to help children and families understand that it can be fun to make healthy choices and to ensure healthy lifestyles and nutrition of all children – Healthy Highway is a testament to achieving that goal. She has been the recipient of a number of accolades and awards.

Wendy, now for the first time will offer her program directly to individual families with a brand new website and a home version of the Healthy Highway kit tailored for busy parents and their children looking for a program that encourages a healthy lifestyle for their entire family.

Wendy Cooper resides in a suburb of Rochester, NY. She enjoys bike riding, hiking, traveling and spending time with her two daughters, Brittany and Brianna.

*On the cover: Michael, Elyse and Lily Inzinga
The "Rev" illustration was created by Vicki Rees,
Illustrator. "Rev's" recipes were created by Therese
Bertrand, Certified Head Chef.*



*A Message from Wendy Cooper...
President & Founder of Healthy Highway*

Welcome to Healthy Highway – a fun guide for busy families wanting to make healthy choices.

What a fantastic summer.....plenty of blue sky, sunshine and fun! I so enjoy the fresh foods from the garden. I hope all of you enjoyed your summer as well.

Have you tried to incorporate some of the "traffic" vocabulary into your discussions about food choices yet? A common vocabulary provides a great foundation to have conversations around healthy decisions and allows everyone to participate.

An easy question to ask every day is "What is in my/your fuel tank?" The question creates a dialogue, if you will, on what choices you have made for the day. What fuel can I choose that will be the best to have me running at top performance? This may sound a little funny but it works. Let me give you an example: I walked in the grocery store with no list....usually not a good idea. But I found I "tuned in" to my engine and I chose foods I wanted, not what someone told me to eat. I looked at the foods that I thought would make my engine run well...it was a very interesting shopping experience! This goes along with the inner "GPS" I spoke of in the last issue.... the very informative navigation tool that we have at our fingertips all the time. It will always find the fastest route to healthy choices.

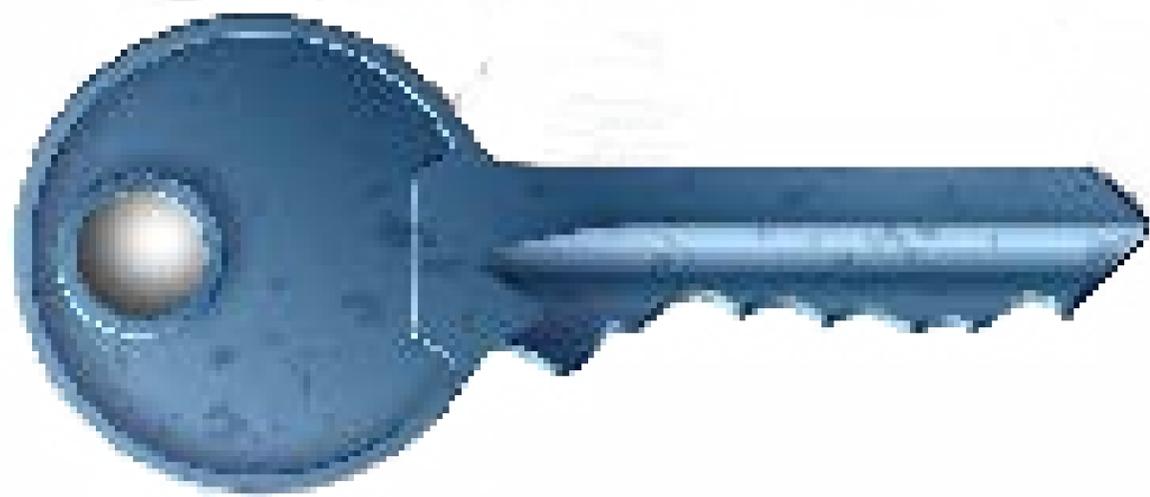
In this issue, you will find two very inspiring articles. The first one is about a family where the parents have made the decision to raise their daughter on all natural foods. Wait till you read about "Lily" and how her very busy parents have made the commitment to give her the best "fuels" they can. The second story is about a local organization that has helped expand healthy lifestyle opportunities for people with disabilities. As soon as I met Anita, the executive director of Rochester Accessible Adventures, I knew we would be forming a collaborative alliance. Her passion and enthusiasm is contagious!

I am especially excited to tell you about an exciting new product that will be available after the first of the year. The "Rules of the Road" family kit provides a road map of information - all you need to have your family begin a new way of thinking about healthy choices. The owner's manual provides you with ways to start your engines, road to success activity calendars, how to develop "power fuels" for meals, as well as ways to use the green light decision process in all aspects of your life. Please see the ad on page 19 in this issue of *Healthy Rules of the Road*.

So get in gear...any gear besides park! Take action, doesn't matter what direction you go, doesn't matter how fast you go, you will always be moving ahead to big changes.

Wendy

Nutrition is the master key ...



Key image: ©fotolia ©dendiz

How do you start on this road to healthy choices? It is as easy as using these six traffic slogans:



ALWAYS eat breakfast



ONE WAY to 5 a day
(fruits and veggies servings)



DO NOT ENTER with junk food,
soda and candy



WATCH OUT for oils
SLOW DOWN on fats
PASS BY sugar



STOP for healthy snacks



BE happy
BE healthy
BE strong

Food as fuel...

Young Family, Trendsetters for Healthy Lifestyle

And here comes Lily, pulling into the farmer's stand, driving her pink car stroller. Mom and dad raise the hood and pack it with fresh fruits and veggies to take home to prepare her baby food with!



Met the Inzinga family...Mike and Elyse Inzinga will celebrate their 4th wedding anniversary in January. They are both young busy entrepreneurs and new parents determined to make it all work -And work well. They each run their own business (Mike, MP Lawncare & Plowing and Elyse, ROC Kizomba Dance Studio), take care of a house, two dogs, and seem to have one of the happiest babies in the world. Nine-month old Lily is a shining example of how focused and involved parents can lead children on a road to good health and happiness. When asked "How do you manage all of this?" Elyse replies, "Teamwork." This couple is dedicated to family life and very supportive of one another.

Excited about being parents, Mike and Elyse knew that they wanted the very best for their new baby.

Her physical and emotional health is top priority. After

careful research, they decided that her meals and snacks would consist of fresh healthy foods made at home. Lily's diet consists of breast milk and natural foods that so far include: sweet potatoes; squash; peas; beets; peaches; bananas; avocados; carrots; and watermelon, all prepared at home. "Admittedly, we do throw in some organic store bought food if we are on-the-go, but for the most part, she is eating local produce that we process ourselves. The process is generally quite simple and the result has been a happy, chubby little lady!" says Mom. What's next for Lily? She will soon be trying her first proteins – egg and some organic beef. "After seeing the color difference alone, between homemade baby food and store bought, the decision to make our own food was an easy one," remarks Mike and Elyse.

Realizing the importance of quality time, pretty much any event is a family event with the Inzingas.

Most of Lily's time is spent with Mike and Elyse, and on occasions when they can't be with her she is all too happy to spend some special time with Grandma and Grandpa.



Mike spends a tremendous amount of time with Lily during the day and it is quite evident that she is as much of a daddy's girl as she is a mommy's girl. She loves to explore and "unpack" things and enjoys listening to her parents read to her. "We wake up together, enjoy some time in the mirror, get dressed, turn on our favorite music and bounce from the doorway bouncer while watching cartoons," comments Mike. "After that, we enjoy lunch, usually some solid food, Lily takes a rather long afternoon nap, which allows me time to work on things that need to be done. Late afternoons consist of more playtime, milk, and often a short walk before mommy gets home."

A proper diet, exercise and a healthy lifestyle is very important to Elyse. She has been dancing most of her life. Four years ago, she opened the African dance studio, Roc Kizomba Studios in Rochester,

NY. "Kizomba is a genre of partner dance that stole my heart and I have since dedicated myself to growing a community for it here in Rochester, as well as in other cities throughout the world," says Elyse. She is taking the world of dance by storm, teaching at her dance studio as well as traveling to teach in the following U.S. cities: Buffalo and Troy, NY; Washington D.C.; Pittsburgh, PA; and Cleveland, OH. Internationally, she has taught in the Canadian cities of Toronto; London; Niagara Falls; and Montreal. Mike and Lily often travel with her making it a mini family vacation. Elyse credits her mother for being an all-around positive influence on the importance of good health. Her mother has been a jazzercise instructor for more than 20 years. Lily is now discovering music and at nine-months is already trying out a few dance routines of her own. Could she be a third-generation dancer in this family? She certainly comes by it naturally.

Sammi and Dougie, the Inzinga's dogs make the family complete.

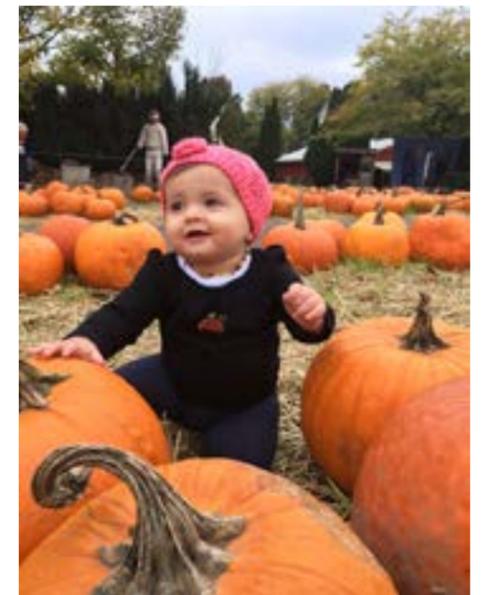
Lily's friendship with the two dogs has been gradual but positive.

Like most babies, she learns by testing boundaries and experimenting so the dogs are often victims of many pokes, scratches, squeezes, and tugs. They are incredibly patient and don't seem to mind all of this too much. Interacting with the dogs has become another fun learning experience for her. She is now discovering that her dogs are quite entertaining and laughs heartily at their barking and playing. Sammi and Dougie reward her for her undivided attention with lots of kisses!

A new baby changes the lifestyle of any couple. Mike and Elyse not only meet the challenges that accompany positive parenting, but exceed them. "The biggest difference these days is the change to our more spontaneous lifestyle," comment Mike and Elyse. "Once you have a baby, the ability to go wherever, whenever drastically changes. We now need a solid two hours notice to get our act together and get out of the house! Lily is definitely running the show and we wouldn't trade it for anything!"

The Inzingas are definite trendsetters and perfect role models for those interested in learning more about putting their children on a highway that will encourage them to make healthy choices throughout their life.

To learn more about Roc Kizomba Studios visit or follow their [Facebook page](#).





Rev's recipes...



Hi....I'm Rev and I love driving down the Healthy Highway.

When I was a puppy I loved to run, roll over, chase a ball, and of course sleep next to Wendy! Wendy used to run and she would take me with her. As I got bigger I got to go further distances. I remember one summer we trained for a marathon. She would do 10 miles but I ended up doing 20 miles since I would dash off into the bushes, trees or any trail I could find. We would both be exhausted by the end but feeling very proud of our accomplishment!

My favorite food is my dog food which is comprised of lean protein and ground up fruit and veggies. My chef Therese comes up with some very tasty and healthy recipes. You'll meet her later on in the magazine. I know I need healthy fuels to do all the activities I do. I love walking on the beach and chasing the seagulls. I love being outdoors and discovering new parks. I sometimes run next to Wendy as she rides her bike. I enjoy meeting people and running and jumping with kids that I meet.

(We share the same energy level!)

I am happy to say that my "engine" runs well and I make it a priority to have healthy choices every day. (I wrote the Healthy Highway Pledge: "I promise to make **ONE** healthy choice every day.")

Here is to a great ride down the highway to healthy choices,

REV



paw image: ©fotolia ©annykos

Rustic Roasted Butternut Squash with Quinoa

One (2-pound) butternut squash, peeled, seeded, and cut into 3/4-inch chunks (about 3 cups)
5 tablespoons extra-virgin olive oil
2 teaspoons fresh thyme leaves, roughly chopped
Kosher salt and freshly ground black pepper
½ cup shelled pistachios or ¾ cup raw pumpkin seeds (pepitas)
3 cups cooked drained quinoa (can sub cooked couscous)
¾ cup dried cranberries
1/4 small yellow onion finely diced
Zest of ½ orange
¼ cup freshly squeezed orange juice
¼ cup water (can use cranberry juice)
2 tsps. Sherry vinegar
2 tsps. Honey, Pure maple syrup, or Agave
2 tsps. Dijon mustard
¼ tsp Cinnamon
3 ounces fresh baby spinach
3 sage leaves thinly sliced for garnish (optional)

Instructions:

Cook quinoa according to package directions.

Preheat oven to 400°F. Line a rimmed baking sheet with foil and set aside. Place the squash in a bowl and add 3 Tbsps. of the oil, the thyme, 2 teaspoons of salt and bit of pepper to taste. Mix until the squash is well coated.

Transfer to the prepared baking sheet, spread squash out into a single layer and place in oven on rack in center of oven. Roast until tender, about 35 or so minutes, stirring about halfway through the cooking time. Put the pistachios (if using) on a small baking sheet and toast until fragrant, about 5 minutes. Not necessary for pumpkin seeds.

In a large metal or glass bowl, add quinoa with the cranberries, onion, and orange zest. Set aside

In a medium saucepan set over medium-high heat, combine the orange juice with the remaining 2 Tbsps. olive oil, sherry vinegar and 1/4 cup water. Add the sugar, mustard, 1 tsp. salt and the cinnamon, and then bring the mixture to a boil, whisking to combine. When the liquid comes to a boil, pour it over the quinoa. Stir to combine and cover tightly with plastic wrap for 10 minutes.

Remove the plastic wrap from the bowl of quinoa. Stir in the warm roasted butternut squash, spinach, pumpkin seeds or pistachios and sage leaves if desired. Season to taste with salt, and serve slightly warm or at room temperature

Meet Rev's chef...



Therese Bertrand Certified Head Chef

Therese is a certified head chef with vast experience in the food and restaurant business. She attended Culinary School in Michigan and went on to train at the 5-Star Vineyard Restaurant. She worked as a chef at LaRocca's Restaurant in New York, The Marriott Hotel and Banquet Center as well as many local fine dining establishments. She is an instructor at a local cooking school and has most recently developed family night nutrition programs for an after school center. She is a proud recipient of the 5-Star Culinary Award which she received while

working at a local retirement community center. She has just completed her certification for being a Certified Food Safety Manager through the National Registry of Food Safety Professionals.

Her love of children together with her passion for healthy foods makes a winning combination to promote healthy choices. She is a great asset in providing hands-on activities educating children and families on the importance of healthy nutritious foods presented in a fun and exciting format.

Spider Web Layered Taco Dip

Ingredients:

1 can (16 ounces) fat free reduced sodium refried beans
1 1/4 ounces low sodium taco seasoning mix (1 packet)
1 cup light sour cream (divided)
1 cup salsa (drain a bit first if runny)
1 cup shredded cheese (cheddar or Colby Jack)
2 tomatoes diced (Roma tomatoes work great)
1/4 cup diced green onions
3 Tbsps. of sliced olives (drained)
2 Tbsps. canned green chilies (optional)
1 cup guacamole
1 Bag (about 12 oz.) gluten free corn tortilla chips

Instructions:

In a small bowl mix the taco seasoning with the refried beans. Spread the bean mixture evenly on an 11 inch deep plate or glass pie plate. Spread about 3/4 cup of the sour cream over the bean mixture. Add the salsa carefully over the sour cream. Sprinkle on green chilies if using. Add all chopped tomatoes leaving out about 2 tablespoons for garnish. Next layer is dollops of guacamole spread gently over the salsa. Sprinkle grated cheese around edge heavily. Top the cheese with sliced olives, the reserved diced tomatoes, and sliced green onions. With the remaining 1/4 cup of sour cream, put it into a sandwich bag and clip off the corner. Squeeze the sour cream into a web pattern over the guacamole. Top with plastic spiders.
+++For lunch Boxes make mini versions in plastic round containers layering tomatoes, olives and some cheese under guacamole. Pack with bag of tortilla chips on the side!

Good Choice Autumn Pumpkin Muffins

Ingredients:

1 cup pumpkin puree
1/2 cup pure maple syrup
2 brown or organic eggs
1 tablespoon vanilla extract
1/4 cup almond or cashew butter, OR 3T coconut oil (melted)
1/4 cup unsweetened vanilla almond milk (if substituting rice milk use 1 tsp less)
2 1/4 cups rolled oats
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 cup dark chocolate chips (can substitute nuts and/or raisins)

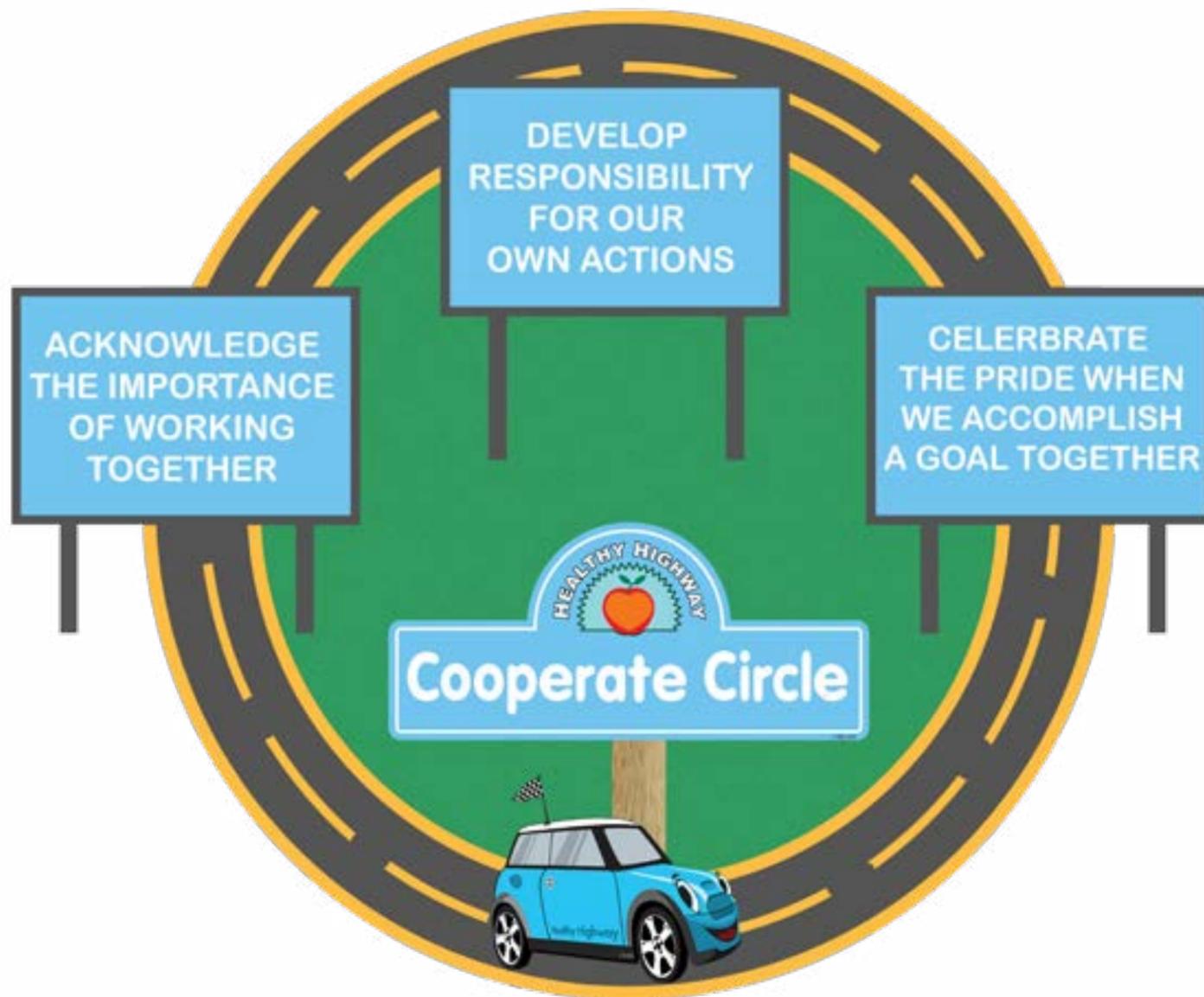
Instructions:

Preheat the oven to 350°F. Grease muffin tin or use paper liners for about 12 muffins. Put first six ingredients into food processor; (Pumpkin, maple syrup, eggs, vanilla, butter, milk). Process for 30 about 1 minute. Scrape bowl and add combined dry ingredients (flour, powder, soda, spices) except chocolate chips. Blend another minute or so until smooth. Gently fold in chocolate chips with rubber spatula. *You may use mixer instead on medium but texture will not be as smooth. Spoon batter into muffin tins filling about 3/4 full, Bake approximately 22 minutes, until light golden brown. Don't overbake as to keep them moist. Cool at least 10 minutes or so

*gluten free, refined sugar free, dairy free

Green light decisions...

Travel down Cooperate Circle and...



WHAT DOES IT MEAN TO COOPERATE?

We listen, help, try our best, say nice things, take turns, share, and care!

LOOK FOR OPPORTUNITIES DURING THE DAY TO...

- Say something nice to someone in your family
- Say something nice to a friend
- Help someone in your family
- Help a friend

At the end of the day discuss the following together as a family.

- How did it make you feel when you said something nice to someone?
- How did it make you feel when you did something nice for someone?
- How did it make you feel when someone did something nice for you?
- How did it make you feel when someone said something nice to you?
- How do you think the other person felt?

Take the Pledge...“I promise to make one healthy choice every day!”



& drink a glass of water...



**Hi Kids – It’s me again...
You know, Rev, the Healthy
Highway Dog!**

Wendy and I have been cruising on the Healthy Highway again and today she took me for my annual check-up. My vet says I am in great health (probably because Wendy takes such great care of me just like your moms and dads do for you). One thing that she always makes sure of is that I drink plenty of water. She says water is really an important part of my diet. Just the other day I heard her friend remarking about how beautiful my fur is. According to Wendy, all that fresh water she gives me keeps me feeling and looking good. And you have to admit I am a pretty good looking dog! Anyways, I am going to share with you a few more of my secrets - some very interesting facts about water that I learned in the Healthy Highway program.

REV



FUN WATER FACTS...

Do you know that water is the major component of most of your body parts?

Our brain and heart are made up of approximately 73% water.

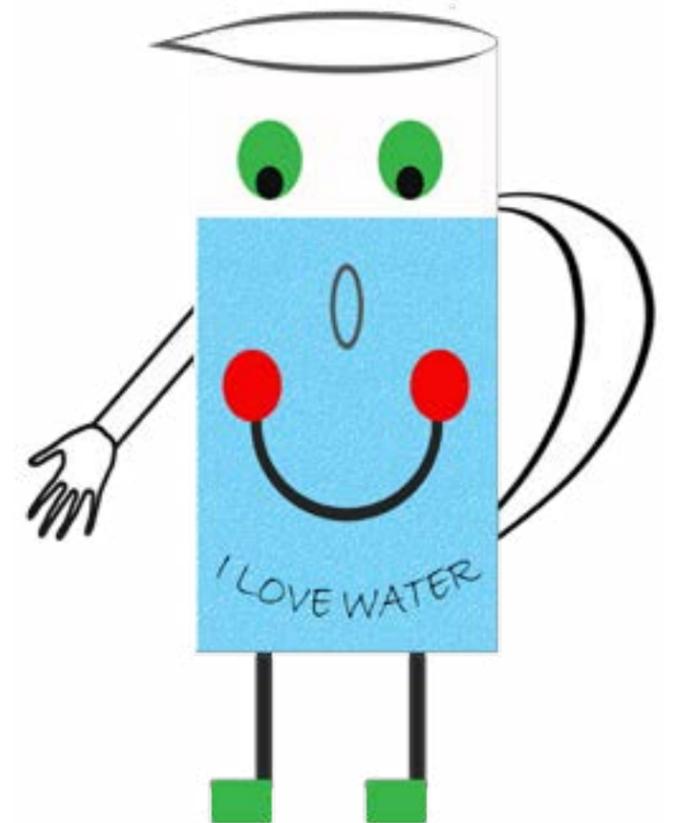
Our lungs are made up of approximately 83% water.

Our skin is made up of approximately 64% water.

Our muscles and kidneys are made up of approximately 79% water.

Even our bones are made up of approximately 31% water.

I'll bet this is making you thirsty for some cold water!



Kid's car care center...

Rev your engines and start driving on the Healthy Highway...



"Fall walks with Wendy is one of my favorite activities. She lets me run through the big piles of leaves. Don't you just love the crunching sound they make? Even the smell of them makes me smile. Wendy and I came up with a list of fun fall family activities. We want to share it with you. You'll find them on the next page!" - REV



1. Go to an apple farm and try two different types of apples.
2. Stop at a farmer's market and find 2 new veggies that you have never had before.
3. Go for a walk and collect leaves. Make a fall placemat for each family member.
4. Go to a local park and go for a hike. Try to find items that match each letter of the alphabet!
5. Draw a picture of your family as you are playing outside. Display the finished picture on the refrigerator.

Are you looking for a healthier lifestyle for your family?
JOIN THE HEALTHY REVOLUTION...


**REV'S FAMILY KIT
MAKES
HEALTHY LIFESTYLES
FUN & EASY!**



**"I promise
to make
one
HEALTHY
CHOICE
everyday"**

The award-winning Healthy Highway program has been designed by Wendy Cooper, 30-year physical education teacher, and mother of two. She provides a road map for busy families on the go, looking for a fun and easy system to implement a healthy lifestyle for every member of the house.

Family kit available in early 2017 at www.healthy-highway.com



Get Ready to "Rev" Your Engine!

Keynote Speaker

**Wendy
Cooper**

Learn fun
ways to make
healthier
choices by
following
the...

**RULES
OF
THE
ROAD**

Keynote Speaker Wendy Cooper, Founder of Healthy Highway, retired 30-year Physical Education Teacher and mother of two, presents Rules of the Road. This is an award-winning program that uses traffic metaphors to educate and motivate families, groups, and organizations to adopt healthier lifestyles, the fun and easy way.

Looking for something that is highly interactive? Schedule one of Wendy's workshops!

Visit www.Healthy-Highway.com to learn more about the Rules of the Road program, or to book Wendy Cooper for your next event!



www.Healthy-Highway.com

Create a road map...

Goals to your own destination

6 WAYS ...

Your family can use to practice a **HEALTHIER LIFESTYLE**



Road scholars...

Rochester Accessible Adventures: Inspiring Hope. Improving Ability.



I am very excited to share with you about a new adventure in recreation in the Greater Rochester area: Rochester Accessible Adventures (RAA)! I have worked for 16 years in Rochester providing adaptive recreation and sports opportunities to people with disabilities. As a Certified Therapeutic Recreation Therapist (CTRS), I love that I can “work so others can play”! And as the Executive Director of RAA, I am able to do just that as we work to ensure that individuals with disabilities have access to inclusive recreation opportunities with their family

and friends. RAA, founded in 2015, partners with the community to implement real time solutions to the need for inclusion in recreation. What does this mean for you and your family and friends? Let’s use The APACC as an example. The APACC is Rochester’s FIRST Adaptive Paddling and Cycling Center and it is a partnership between a non-profit—RAA—and a for-profit—Erie Canal Boat Company in Fairport NY. Perhaps you’ve seen the two story historic hut situated perfectly between the paved pathway and the waterway! This July, Peter Abele, the owner at ECBC, and I formally rolled out the results of our collaboration. Because of this partnership, ECBC now operates accessibly and inclusively, offering BOTH adaptive and standard cycling and paddling equipment rentals whenever the business is open!



This is an AMAZING development! Now, for the first time, people can simply rent whichever equipment works best for them and go kayaking or cycling TOGETHER! With trained staff, a hoist lift on the dock, three wheeled bikes along with standard two wheeled bikes, stable, easy-to-access kayaks, grip and seating modifications, and the option of a CanalPal to accompany you for companionship and ease-of-mind, your experience is personalized and optimized for fun and adventure!



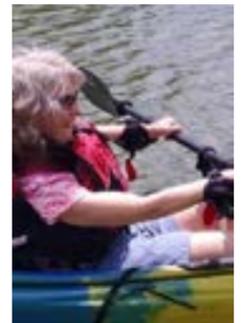
For me, this is a dream come true! And I hope it is for you and many others who have friends and family members with a disability or a medical condition. And this is just the beginning! We will continue to work our way through the community and help other businesses and municipalities implement this service model. Stay tuned for updates as RAA creates even more recreational opportunities!

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For now, I encourage YOU to visit us at Erie Canal Boat Company this Fall! Whether you need standard or adaptive equipment, bring a friend and go kayaking or cycling on the beautiful Erie Canal! It is so wonderful that, now, more people are able to enjoy the many benefits of recreation right in our own backyard! Who doesn’t feel better after a day with friends and family, playing, laughing, moving, and having fun?!

RAA is also a regional resource center connecting individuals with disabilities to the resources they need, and we work with adaptive sports teams like the Rochester Wheels wheelchair basketball team and the Rochester Sled Hockey team.



For more information on RAA, please contact me at aobrien@rochesteraccessibleadventures.org. Visit our website at www.rochesteraccessibleadventures.org, and follow me on Facebook and Twitter to get updates on amazing things going on in our area and beyond!



*seal background image above: ©fotolia ©Audrey Kuzmin
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www.Healthy-Highway.com

