



Look Inside: Education Directory

AZParenting.com » **Free** « January 2012

ARIZONA parenting

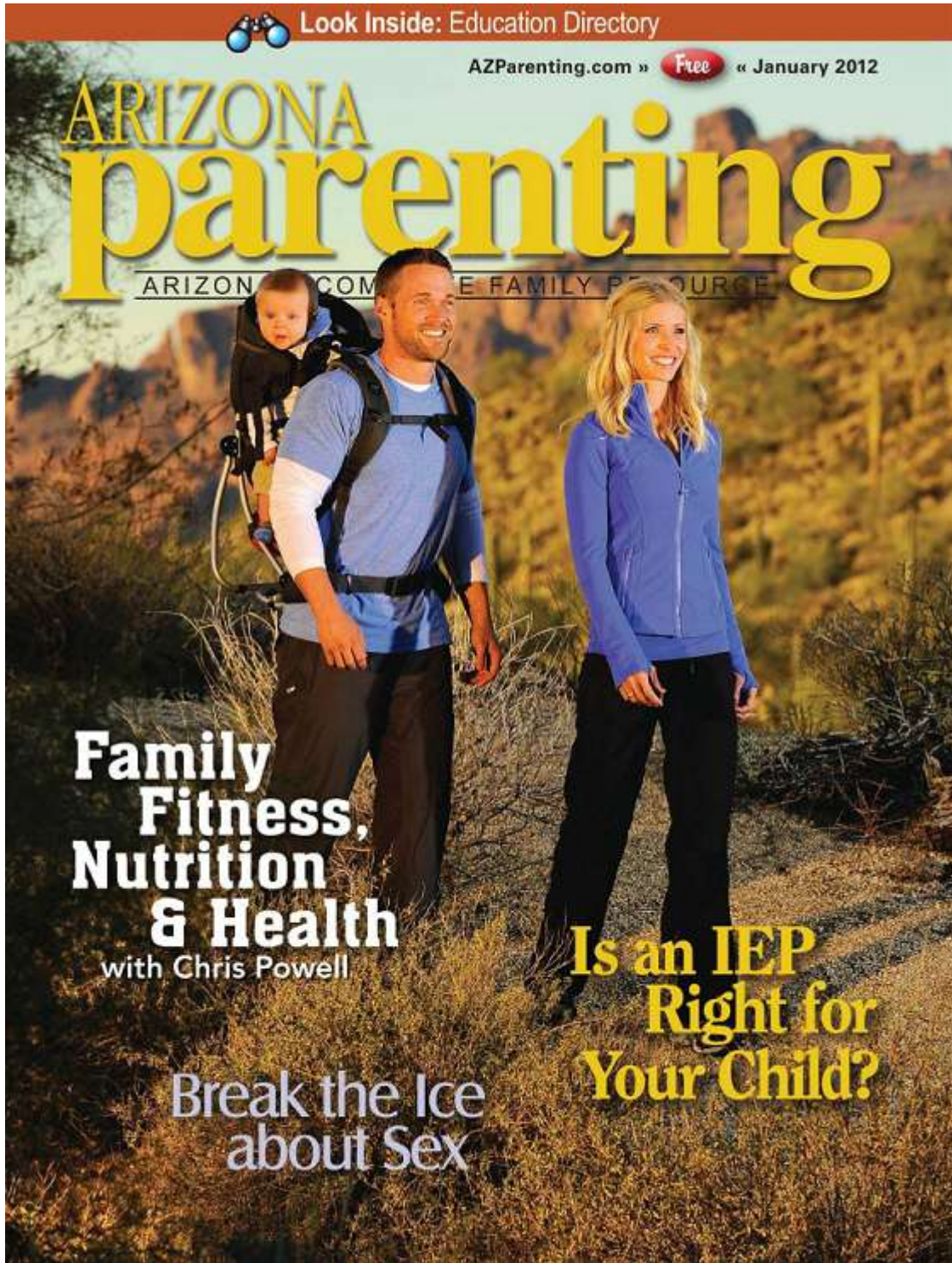
ARIZONA.COM THE FAMILY RESOURCE

**Family
Fitness,
Nutrition
& Health**

with Chris Powell

Break the Ice
about Sex

**Is an IEP
Right for
Your Child?**



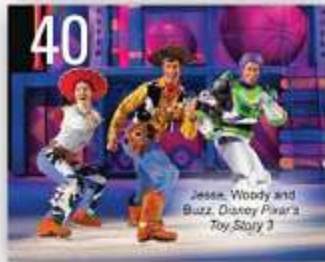


Models: Chris Powell and family (wife Heidi and son Cash)
Photography: Mark Slatky at Just Kids Studio

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Jessie, Woody and Buzz, Disney Pixar's Toy Story 3

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Seedlings Preschool Program at the Desert Botanical Garden, Jan. 31

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ZooLights, continuing at the Phoenix Zoo, Jan. 1-8



Grave Digger at the Advance Auto Parts Monster Jam on Jan. 20

mountain tops
trailrides
campfires
confidence
friendship
starry nights
friendship
starry nights
leadership
hikes
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zip line

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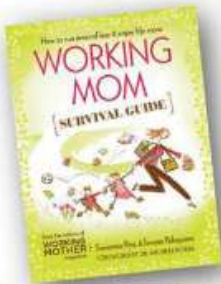
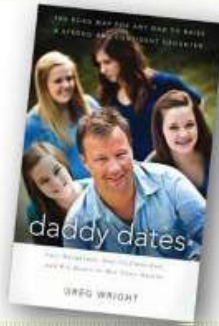
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Family Finds

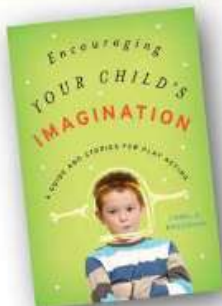
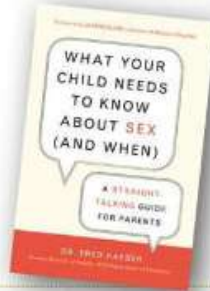
Good Reads for Moms and Dads

DADDY DATES: A Roadmap for Any Dad to Raise a Strong and Confident Daughter, by Greg Wright, is a funny and moving saga of how he pursues getting to know his four girls and builds stronger relationships with them in the process, figuring out how to overcome the dad-daughter communication barrier. *Daddy Dates* poses the wildly original concept that in order to raise a confident woman-to-be, fathers should show their girls what it feels like when a man truly has her best interest at heart. Find out more at www.daddydatesthebook.com. \$16.99.



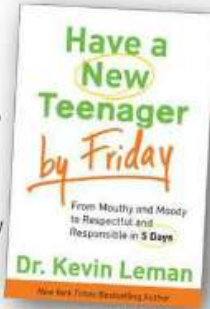
WITH OVER 2.2 MILLION WORKING MOTHERS IN THE US, *Working Mom Survival Guide* is a must read. Authors Suzanne Riss and Teresa Palagano are working moms themselves and offer straightforward solutions and practical shortcuts moms everywhere can use to overcome daily challenges, large and small. Find out more at www.wopublishing.com. \$14.95.

FOR MANY PARENTS, the sex talk is one of the most dreaded rites of passage in the child-rearing experience, but it doesn't have to be. *What Your Child Needs to Know about Sex (and When)*, by Dr. Fred Kaeser, is a new book that helps parents open the lines of communication early. Visit us at www.tenspeed.com. \$14.99.

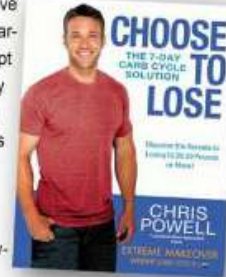


THE INNOVATIVE "how-to" book, *Encouraging Your Child's Imagination*, is written for both parents and educators who want to encourage children's imaginations and enhance their self-esteem and joy of learning. The author, Dr. Carol E. Bouzoukis, is a Child Drama Specialist with 25 years of experience encouraging children's creativity. Find out more at www.rowman.com. \$29.95.

HAVE A NEW TEENAGER BY FRIDAY provides parents with the keys to relational success and reveals the secrets of how to think, talk and communicate differently during these critical years. Dr. Kevin Leman puts together a simple game plan to help parents transform their "whatever generation" teenagers. Find out more at www.Revellbooks.com. \$17.99.



IN A NEW BOOK ENTITLED, *Choose to Lose: The 7-Day Carb Cycle Solution*, celebrity fitness trainer Chris Powell presents inspiration, guidance, easy exercises, nutrition tips and basic recipes for the average person to lose 20 to 30 pounds - the extra weight that's the toughest to get rid of. This plan contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only are you encouraged to eat carbs, but he shows you how to use them to amplify your weekly weight loss. Find out more at www.ChrisPowell.com. \$24.99.



PARENTS WANT THEIR KIDS to eat well, but they don't want the frustration of meal-time battles. In the end, it's chicken nuggets again. In her new book, *The No-Cry Picky Eater Solution*, parenting expert Elizabeth Pantley helps parents feed their children healthy foods without the stress, fights and tears. Find out more at www.pantley.com/elizabeth. \$17.00.



By Nora Heston

Family Fitness, Nutrition & Health



With Extreme Makeover: Weight Loss Edition's Chris Powell

WITH 2012 UPON US, many people are making resolutions to stay healthy, get active and drop those pesky holiday pounds, but keeping those promises is often the trickiest part. In fact, according to an article in the *Guardian* in 2009, a whopping 78 percent of people who made New Year's resolutions ultimately failed at them. *Arizona Parenting Magazine* sat down with personal trainer and fitness guru Chris Powell to learn how to keep those daunting resolutions and get your entire family healthy this year.

THE IMPORTANCE OF HEALTH

"Without our health, we have nothing," says Chris Powell, a professional personal trainer who may be best known for his hit show on ABC, "Extreme Makeover: Weight Loss Edition." "Our bodies are the machine that produces for us and our family. If our machine doesn't work, we cannot provide," says Powell, who also says that nourishing

our bodies with movement and nutrition results in energy, and according to his philosophy, more energy is equivalent to more everything.

STAYING ON TRACK

"The key is to start small," says Powell. "Don't overreach and attempt to take on health and fitness commitments that you are unable to fulfill... If you are having a hard time staying on track, your goals are too lofty," which may be why Powell cites 99.9 percent of people set goals that are too big and, as a result, fail at them after just days or weeks of their program. Instead, Powell suggests choosing one aspect of your family's daily nutrition and changing that. One suggestion is to start baking food instead of frying it. "Our kids love to snack on baked sweet potato fries," says Powell. "You get great flavor and nutrients with a fraction of the calories." If you suspect

10 Tips for Healthy Family Living - From Chris Powell

- 1) Practice what you preach: Your kids watch and mimic you much more than they listen to you.
- 2) Focus on feeling good and getting stronger, instead of looking good. When it comes to children, it's not about the numbers on the scale.
- 3) Emphasize the importance of eating breakfast.
- 4) Try to sit down and eat one meal together every day.
- 5) Have everyone participate in making meals together.
- 6) Get the gear: You are much more likely to get family participation when you have a few toys to make exercise fun - balls, jump ropes, fitness gaming systems and tennis racquets, to name a few.
- 7) Don't force nutrition and exercise on your kids. Instead, try educating them on the pros and cons of fitness.
- 8) Be the example and then allow your children the freedom to make their own decisions. This way, they will be more likely to enjoy fitness, and make it a part of their lives forever.
- 9) Play with your family. It is true that families that play together, stay together, and get fit at the same time.
- 10) Create an environment for success in your home. If you don't buy the junk food, they won't eat it.

your goals may be a little bigger than you are able to take on, simply step back and reevaluate them to make sure they are truly attainable for your lifestyle, says Powell.

BEING HEALTHY VS. LOSING WEIGHT

"I have always said that weight loss and wellness are two very different things," says Powell, who describes weight loss as a calorie deficit or negative energy balance. "If you take in fewer calories than you burn, your body will drop the weight," he says. "In reality, you could create this deficit by eating Butterfingers, donuts and a slew of other unhealthy foods." This kind of weight loss is not the same as health; in fact, Powell says it can be the opposite of health. "Being healthy is providing your body

with nourishment that it needs to perform at its max capacity. Physical, mental and emotional nourishment are equally as important as nutritional nourishment."

GETTING FIT AS A FAMILY

Powell's family is made up of him, his wife, Heidi, her two kids Matix, 6, and Marley, 5, and their newest addition, and first kid together, Cash, who was born in June.

"My wife & I believe that the goal of most parents is to ensure a better quality of life for themselves and their children," says Powell. "Working out and eating right as a family improves quality of life physically; doing it as a family unit improves the quality of life socially." Powell suggests taking your family for a hike or a nature walk outside, playing a game of softball, football or soccer, hitting the bowling alley, going for a bike ride or even doing a family workout as great ways to get in shape together. "My kids love relay challenges," he shares.

WORKING TOGETHER

Powell's family does more than just work out and eat healthy together, him and his

certified trainer wife, who is also a life coach, work together to inspire others to get healthy as well. "Heidi actually works behind-the-scenes and alongside me with all our participants [on the show]," says Powell. "It is awesome because we truly get to live our passion for both health and fitness, and for helping others."

THE BOTTOM LINE

For Powell's family, it comes down to one thing, following their own advice. Leading their children by example and striving to be healthy as parents shows their children it's important to be healthy. By not pushing fitness on them, the children are able to make their own choices about being healthy and they have their parents as role models along the way. With his and his wife's careers, their children have the opportunity to grow up in a health-conscious environment. "To [the kids], 'being healthy' is one of the most important things in the world... because Mom and Dad do it," says Powell.

WHAT'S NEXT?

Powell recently wrote a book entitled *Choose to Lose: The 7-day Carb Cycle Solution*, (see Products We Love for more information). The book is meant to give people a place to start their journey, whether it involves losing 10 lbs. or 100 lbs. "My goal with this book is to show everyone that they can accomplish their health goals, and that they already possess most of the tools needed to do so," says Powell. The book is ultimately there to help them find the tools and lead them to a higher quality of life.

The second season of Powell's hit show, "Extreme Makeover: Weight Loss Edition," is scheduled to air this spring on ABC. The show follows Powell as he attempts to change people's lives through weight loss. His approach has been called unorthodox, but he stands by it. "I think my approach has proven successful because it empowers the person to truly understand themselves and their behavior on the weight loss journey. We live by, and practice with our family, the old saying 'give a man a fish, feed him for a day. Teach a man to fish, feed him for a lifetime.'" ■

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