

## Strategies To Get The Family In Shape

(NAPSA)—America is a nation obsessed with weight and justifiably so. Sixty percent of Americans are overweight. Children, ages 9 to 13, are getting fatter fastest. Parents can change their family's lifestyle by building in more exercise and teaching wiser food choices. This can be done as a family, gaining health and emotional benefits of doing things together as a familial unit. These tips from health and fitness expert Heather Hawk are designed to bring the fun back into family fitness:

1. Build in exercise whenever you can. Park your car far away or take the stairs instead of the elevator.

2. Set aside a designated family fitness time. Let each member of the family pick an activity and try a different one each week.

3. Keep activities lighthearted. The goal is to be active together, not to see who wins.

4. Eat smaller, more balanced meals to keep up your energy level.

5. Pack your own nutritious snacks, like vegetables, fruit or nuts. Keep your body hydrated by drinking plenty of water.

Try this recipe. It's a healthy alternative to packaged cookies and is sure to be a snack the whole family will enjoy. For more recipes and information, visit [www.brucefoods.com](http://www.brucefoods.com).

### Sweet Potato Snickerdoodles

- 1 cup butter, softened
- 1½ cups plus 3 Tbsp. sugar
- 3 eggs
- 1 cup all-purpose flour
- 2 tsp. cream of tartar
- 1 tsp. baking soda
- ¼ tsp. nutmeg
- 2½ cups BRUCE'S® Sweet Potato Pancake Mix



Parents can change their family's lifestyle with more exercise and wiser food choices.

- 1½ cups raisins
- 1 cup coarsely chopped walnuts or pecans
- 3 tsp. ground cinnamon

In a large mixing bowl, beat butter on medium-high speed of electric mixer for 30 seconds. Add 1½ cups sugar and beat until light and fluffy, scraping sides of bowl occasionally. Add eggs and beat well.

In another large bowl combine flour, cream of tartar, baking soda and nutmeg; add Pancake Mix and blend well. Gradually add flour mixture to butter mixture and mix well. Stir in raisins and walnuts. Cover and refrigerate until well chilled, at least 3 hours.

Preheat oven to 400°F. Combine 3 Tbsp. sugar and cinnamon in a shallow bowl. Working quickly, shape dough into 1½-inch balls and roll in cinnamon mixture to coat. Place 2 inches apart on ungreased cookie sheet. Bake 10 to 12 minutes or until cookies are golden brown; transfer to wire rack and let cool. Store in airtight container. Makes about 4 dozen cookies.