



*making each day a little healthier*

## **Nutrition Tips**

**Snack Time.** Many schools allow children to bring snacks. Establish a policy that all snacks must be healthy. A piece of fruit, string cheese, raisins, cut up veggies or sunflower seeds are the perfect snack size so that kids are still hungry at lunchtime.

**The Cafeteria Plan.** Most schools provide a schedule of the cafeteria menu. Brown bag it on those days when you know the main course will be skipped.

**All the Reasons Why.** Everyone needs to eat healthy. But for kids it is particularly important so that they can reach their maximum height potential, fight off infections, do well in school and at play, start early in life to help ward off cancer and diseases, and just *feel* good.

**Be Conscientious.** Keep a food journal or include as a part of a daily journal and log eating patterns and all the foods eaten throughout the day. Make sure beverages are included! Analyze the behaviors and consumption at the end of each week. Set goals to improve for the next week.

## **Fitness Tips**

**Today and Every Day.** Regardless of your fitness level, everyone can get even more active each day. Do something individually or coordinate a group. It can be as easy as walking for 10 minutes. Adults, as role models, can help kids learn to include physical activity as a lifelong daily habit.

**A Good Beginning.** Start the day off on the right foot by getting some movement in first thing in the morning. It's a good way to fuel the body and mind for peak performance on every task. Spend another 10 minutes or so around noon and re-energize with another 10 minutes around 5 o'clock.

**Stride Right.** Wear sneakers every day! You will be ready to grab brief moments of exercise anywhere at any time. Taking the stairs is a much easier decision when you are dressed appropriately.

**The Stress Buster.** Exercise! Physically active people are less likely to experience stress-related symptoms. Children need to learn how to be aware of stress in their body and how to diffuse it effectively. And please, don't punish kids by withholding their sports or recess time. Allowing them their physical activities are exactly what they need to improve behavior.

## **Health Tips**

**Healthier Fund Raising.** There are many other ways to raise money than peddling unhealthy foods. Try selling school supplies, hair accessories, wrapping paper, magazines or organize a car wash. And kids love those little bouncy balls that they have to chase.

**National Immunization Month.** Be sure everyone in your family is up to date on their immunizations. Get immunization information and catch up requirements for children, adolescents and adults from this website: <http://tinyurl.com/2fum8b2>.