



Healthy Habits In Our Schools



Healthy Incentives

- Tee Shirts
- Pencils
- Books
- Time doing a preferred activity

Activity Tips

Children should have at least 60 minutes of physical activity every day. Here are some activity tips:

- Promote playing—biking, flying kites, playing Simon Says.
- Spread physical activity throughout the day.
- Leave time for free activity time.
- Plant a vegetable garden.

The President's Challenge

"The President's Challenge encourages children to stay active for 60 minutes a day, 5 days a week, for 6 weeks. Kids can choose from more than 100 activities, including cheerleading, soccer, inline skating, and even household chores. Students can log their activities and when they achieve their goals, they earn awards, such as stickers, pedometers, and T-shirts (there is a small fee to order an award). Children who are active for fewer than 30 minutes a day start with the Active Lifestyle program and work toward a Presidential Lifestyle award.

Get more information at

www.Presidentschallenge.org/home_kids.aspx



Healthy Food Nuggets

- Fruits
- Vegetables
- Low fat Milk, Yogurt
- Cheese
- Whole Grain Crackers, pretzels
- Nuts

Nutrition Tips

Developing healthy eating habits help students avoid the risk of obesity and disease later in life. Here are some nutrition tips:

- Look for the word "whole" before grain labels. Most children need 6 ounces of grains and half should be whole grains.
- Choose whole fruits over juices. (100 percent juice should be kept to a minimum of two 6 ounce servings a day.)
- Offer water as a beverage.
- Try yogurt smoothies, fresh fruit, whole-grain crackers, nuts, peanut butter and raw vegetables for healthy snacks.

Visit these sites for more information.

www.5aday.com/html/kids_home.php

www.got-milk.com

www.fris.uda.gov/eatsmartplayard

www.familyfoodzone.com/kids