



<b>Date/Issue</b>	<b>Sports</b>	<b>Exercise</b>	<b>Nutrition</b>	<b>Food</b>	<b>Health Research/ Updates</b>	<b>Body Basics</b>	<b>Safety/ Health Awareness</b>	<b>Relationships/ Social/Mental Health</b>
Back to School 2008-2009	Youth Sports	Exercise and Physical Activity	The Dietary Guidelines for Americans	MyPyramid.gov – Using this Food Guidance System	Drink Up! – The Importance of Water	All About the Body	Getting Back into the School Groove	Making Friends and Forming New Relationships
September 2008	September is Youth Soccer Month	Recess – Benefits Health and Learning	Nutrition Facts Labels	Food as Fuel	Cold and Flu Prevention Strategies	The Muscular System	National Preparedness Month – Be Prepared!	School Safety and Violence Prevention
October 2008	Cross-Country Running	The Right Combination of Exercises	Diet and Disease – How are They Related?	The Health Benefits of Vitamin D/ The Milk Group	Over-the-Counter and Prescription Medications	Protect Your Skeletal System	Fire Prevention and Safety	Red Ribbon Week - Drug/Alcohol Prevention/ Gangs and Drugs
November 2008	Basketball	The Health Benefits of Regular Strength Training	Food Safety	Meat and Beans Group	Diabetes Awareness	The Respiratory System	Smoking and Tobacco Products – Know the Facts	Conflict Resolution Strategies
December 2008	Ice Skating and Roller Sports	Holiday Fitness Tips	Don't Overindulge during the Holidays	Healthy Holiday Treats	School Health Screenings/ Immunizations	Communicable Diseases	Hand Washing	How to Cope with Adversity
January 2009	Speed and Race Walking	Set 2009 Fitness Goals	The Facts on Energy Drinks	Getting Back on the Right Nutritional Track	Weight and Health	Excretory/ Urinary System	The Online World – The Good, the Bad, and the Ugly	<b>Healthy &amp; Wise</b> New Year

February 2009	Girls and Women in Sports	Cross Training and Paired Fitness Activities	Sweet Alternatives	Fruit for Good Health	Smile – Dental Health	National Heart Health Month	Starting through Puberty – Physical Changes	The Emotional Side of Puberty
March 2009	Track and Field	Fitness Runs and Relays	Fiber's Benefits	Choosing Your Grains Wisely	Protecting Your Vision and Hearing	The Brain and the Five Senses	Poison and Accident Prevention	Caring and Kindness
April 2009	Sports Safety	Hill Training	Vegetables for Good Health	Vegetarian Recipes	Products that Can Affect Health – Consumer Recalls	Environment and Health	When in Need – Who Can Help?	Self- Esteem/Peer Pressure
May 2009	National Bike Safety Month	Swimming	Healthy Eating During the Summer	Healthy and Wise Barbecues and Picnics	Preparing for Mosquito Season	Basic Facts on Skin and Skincare	Sun Safety	Healthy and Wise Summer Fun