



Date/Issue	Sports	Exercise	Nutrition	Food	Health Research/ Updates	Body Basics	Safety/ Health Awareness	Relationships/ Social/Mental Health
Back to School 2010	Benefits of Youth Sports	Feeling Fit? The Importance of Regular Exercise	Update on the Dietary Guidelines for Americans	MyPyramid.gov	Water and Health	Learning About the Human Body	Going Back to School	Making Friends
September 2010	Fall Sports - Soccer/Youth Football/ Cheerleading/ Cross-country	PE and Recess – How to make the most of each period	Nutrition Facts Labels	Benefits of Eating breakfast	Get Ready for the Cold and Flu Season	Your Muscular System	September is National Preparedness Month!	Getting Along with Others – Conflict Resolution
October 2010	Dancing	Aerobic Exercise – Walk/Jog/ for Your Health!	Food Allergies and Intolerances	The Milk Group/ Calcium-Rich Foods	Over-the-Counter and Prescription Drug Safety	Your Skeletal System	October is National Fire Prevention Month	Drug/Alcohol Prevention/ Red Ribbon Week
November 2010	Basketball	Anaerobic Exercise – Sprint/Pull/ Push/and Lift for Your Health!	What You Need to Know About Foodborne Illness	Choosing Foods from the Meat and Beans Group	What is Diabetes? Preventing Type 2 Diabetes	The Respiratory System	Smoking and Tobacco Use Equals Disease and Death	School Safety and Violence Prevention
December 2010	Winter Sports and Activities	Staying Physically Active during the Holidays	Healthy Holiday Eating Tips	Healthy Holiday Recipes	Staying Healthy While Traveling	Hand Washing Basics	Online Safety/ Cyberbullying	The Importance of Family
January 2011	Race Walking	Set 2011 Fitness Goals	Getting Back on a Healthy Nutritional	Healthy Grocery Shopping	Weight and Health	Your Immune System	Home Security	A <i>Healthy & Wise</i> New Year

			Track after the Holidays	Strategies				
February 2011	Celebrate Girls and Women in Sports Day	Fun Fitness Challenges!	Do You Have a Sweet Tooth? Sweet Tooth Strategies	The Fruit Group	Keep Your Smile Healthy!	Heart Health	When the Body Begins to Change	Becoming a Responsible Adolescent
March 2011	Racket Sports	Assessing Your Fitness Level	The Health Scoop on Fiber	Whole Grains for Good Health	School Health Screenings/ Immunizations	The Brain and the Nervous System	Poison Prevention Month	Succeeding with Good Character!
April 2011	Sports Safety Month	Fitness Skating	The Vegetable Group	Potato Facts and Fallacies	About the Centers for Disease Control and Prevention	The Environment and Your Health	Spring Safety	What is Self-Discipline?
May 2011	Swimming/ Cycling	Summer Fitness Activities	Staying on a Healthy Nutritional Path During the Summer	Healthy Summer Salads	Prevent Summer Related Illnesses	Skin and Sun Safety	Be Prepared for accidents!	Healthy and Wise Summer Fun and Safety