



February 2010

Dear Parents,

We will be covering the following physical education, nutrition, and health topics this month in the Healthy and Wise publication:

Physical Education

National Girls and Women in Sports Day (NGWSD)
Exercising with a Partner

Nutrition

Consider Fruits Before Sweets
Dark Chocolate – Is it Healthy in Moderation?

Health

Preventive Medicine – Be a Wise Health Consumer
Celebrate Heart and Dental Health Month
What is First Aid?
Stages of Growth and Development

We hope you enjoy this month's featured articles and activities. Please help your child complete the assigned home activities from the Healthy and Wise publication. Consider doing some of the additional activities below:

- Discuss the sports opportunities available for girls in your community. If your daughter has an interest in a particular sport, visit the library or go online together to find more information. Find out which sports are available for girls in your district's middle school, jr. high, and high school.
- Buddy Up for Fitness! Whether you take a walk with a family member each evening, or go to a yoga class with a friend, having a fitness partner can help keep you motivated and accountable.
- It is time to kick any candy habit that you or your family might have. Make a commitment this month to not purchase any candy. Do keep healthier snack alternatives, such as fruit, on hand.
- Are any of your family members due for a dental check-up? If so, take time this month to schedule any necessary appointments. If you haven't replaced toothbrushes in a while, this would be a good month to do it.
- If you haven't had your blood pressure checked in a while or had a cholesterol measurement test, it is time to schedule these important screening tests.
- Make sure you have a first aid kit on hand at home and in the car.

Be Healthy and Wise!