



January 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

Types of Individual Sports

Getting Back into the Exercise Groove

Nutrition

Metabolism

Sports Drinks, Energy Drinks, and Energy Bars

Health

Beware of Some Health Advertisements and Products

A Healthy Body Weight

Sponsoring a Blood Drive

Happy New Year 2010 – Making Healthy and Wise New Year’s Resolutions

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:

- If your child hasn’t found a sport that interests him/her, consider an individual sport. Discuss various options with your child.
- If you have been sedentary during the holidays, make a commitment to get back into the exercise groove. Write down your 2010 fitness goals and post them on the refrigerator. Track your progress each week.
- If you have been purchasing sports and energy drinks for your child, make a commitment this year to not purchase these beverages. Most people receive little benefit from drinking these beverages and some energy drinks contain ingredients that can be harmful.
- Take an honest assessment of each family member’s weight and general health. If you have concerns, schedule a doctor’s appointment and seek medical advice.
- Your child has learned about blood donation this month in Healthy and Wise. Take time to donate blood and discuss the process of giving the “gift of life” with your child.
- Start the New Year off right and make your health a priority in 2010!

Be Healthy and Wise!