



November 2009

Dear Parents,

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

**Physical Education**

Are You Interested in Playing Basketball?  
Types and Benefits of Anaerobic Exercise

**Nutrition**

The Meat and Beans Group  
Avoiding a Foodborne Illness

**Health**

Are You at Risk for Type 2 Diabetes?  
How the Lungs Work  
Say "NO" to Tobacco!  
Making Your School Environment Safe and Healthy

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

- Basketball is a great sport for kids! Community and church leagues are starting and this might be a good time to seek out league opportunities for your child.
- Pick two to three days each week this month to start incorporating several new anaerobic exercises into your workouts.
- Make sure you defrost your turkey in the refrigerator. Use a meat thermometer to ensure your turkey is fully cooked. Take the stuffing out of the turkey before storing leftovers.
- If you think you or your child may be at risk for developing type 2 diabetes, schedule an appointment with your doctor right away. Make it a priority!
- Protect your child from secondhand smoke by not allowing family and friends to smoke in your home.
- Get involved in the health and safety initiatives at your child's school. Visit with your campus administrator and PE teacher to find out about areas of need. Parents can really make a difference when it comes to getting safety, health, and fitness initiatives rolling. Step up and be counted!

**Be Healthy and Wise!**