

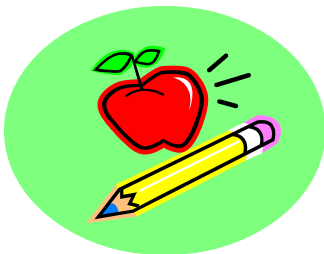


Coordinated School Health

Get Fit Kids

There's a lot of discussion these days about fit kids. People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit. Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit your body works well, feels good, and can do all things you want to do like run around with your friends.

Some steps only parents can take - such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge, too, when it comes to health. Here



Get Fit Kids Continued
are five rules to live by if you're a kid who wants to be fit. The trick is to follow these rules most of the time knowing that some days (like your birthday) might call for cake and ice cream.

Rule 1

Eat a variety of foods, especially fruits and vegetables. You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Shoot for two servings of fruits and three servings of vegetables a day.

Rule 2

Drink water and milk most often. When you're really thirsty, cold water is the No. 1 thirst quencher. And there is a reason your school's cafeteria offers cartons of milk. Kids need calcium to grow strong bones and milk is a great source of this mineral. How much do kids need? About 800 milligrams each day if you're 6 to 8 and 1,300 milligrams if you're 9 or older.

Rule 3

Listen to your body. What does your body feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable, and over a period of time can lead to unhealthy weight gain.

*Healthful Hint: If you want to ensure you don't over eat drink 10 to 12 ounces of water with your meal.

Rule 4

Limit screen time. What's screen time? It's the amount of time you spend watching TV, DVDs, videos, playing handheld computer games, and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school work.

Rule 5

Be active. One job you have as kids - and it's a fun one - is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active everyday. You might even write down a list of fun stuff to do so you can refer to it when your parents say it's time to stop watching TV or playing computer games!

Reminders to Students

- It's fun to be active
- Try new foods
- Drink more water



Common Sense Media Tips for Parents

- Set media time limits and mean them.
- Check media content and ratings at www.commonsensemedia.org to choose media that is age appropriate and entertaining.
- LOCATION, LOCATION. No TV or computer in your child's bedroom.

Parent's Corner

October is National Breast Cancer Awareness Month. Breast cancer is the most common cancer in women in the United States. According to the American Cancer Society, it's estimated that about 178,480 women in the United States will be found to have invasive breast cancer in 2007. Right now there are slightly over 2 million women living in the United States who have been treated for breast cancer. The best way to fight breast cancer is early detection. If you are a woman over 40 please contact your health care provider for screening information.

Upcoming Events

- Health Screenings for BES students in grades Pre K, K, 2, and 4 are scheduled for October 27th – October 30th.
- Hardeman County Schools recognize October as National Breast Cancer Awareness Month. Friday, October 24th is Pink Ribbon Day in all schools.
- Remember to check all Halloween candy for open wrappers or any visible sight of tampering.

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Hardeman County Schools

Diane L. Hicks, Coordinator

Email: hicksd2@k12tn.net

Phone: 731-658-3228 ext 14

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