

Dear Parents,

March is National Nutrition Month! Help celebrate by learning and practicing healthy eating habits that help us get fit. Don't know where to begin? It's simple! Avoid large portions of food in one sitting, drink water instead of sodas and sugary drinks, make half your diet consist of fruits and vegetables, and try and make sure half of your grains each day are whole grains. These few healthy eating tips will help provide a good foundation to fuel your body for plenty of physical activity. For more information on the types of food you should be eating check out www.myplate.gov .

Working out or eating healthy for a certain purpose? Whether you're trying to lose weight, gain weight or maintain weight, understanding a few simple concepts will help you do it effectively. If you are trying to lose weight you need to burn off more calories than you ingest. That means if a person eats 2,000 calories a day and wants to lose weight, they need to burn more than 2,000 calories a day through exercise. If a person is trying to gain weight they should be sure to ingest more calories than they burn off. Finally if a person wants to maintain their current weight they need to make sure that the amount of calories they ingest is the same amount of calories they are burning.

Research shows that youth participation in physical activity is influenced by participation and support of parents and siblings. When families are active together, they spend additional time together and experience health benefits. If you need ideas for family physical activities check out the National Association for Sport and Physical Education's Teachers Toolbox at: <http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm> . Each month contains family physical activity ideas along with physical activity calendars you can do at work or print off and stick on the refrigerator at home.

Try implementing some of these ideas into your daily routine and help your family celebrate National Nutrition Month in style!

Healthy Regards,

Your Physical Education Teacher