Governor's fit & healthy KiDS

Vermont Department of Health

Schools & Families: Take the Fit & Healthy Kids Spring Challenge!

During the week of April 2—6, Spring ahead into fun, food & fitness...

Schools — check out the suggestions below to incorporate the Challenge into your school week. Please share this information with students to bring home — families can participate on their own. Ideas for families are included on the back of this page.

Ideas for SCHOOLS:

1) MOVE more!

Classroom assignment suggestions:

- Teach students about the heart and lungs. Include what happens when you increase your heart rate and how important this is for health.
- Help students create a physical activity calendar. For more information go to: http://www.bam.gov/sub_physicalactivity/physicalactivity_activitycalendar.html
- Measure and mark out a 1/4-mile loop in the school's activity area. Have students track miles walked during their free time, with the goal for the class to walk a total of 265 miles, the length of the Long Trail! A great way to incorporate fitness into geography!
- Start each day with ten minutes of walking or stretching.
- Consider participating as a class in Run Vermont's Many Milers program, a fun fitness and nutrition program for youth 4-14: http://www.runvermont.org/youth/mmgeneral.html
- **For more great ideas:** http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/

2007 many milers KIDS RUNNING PROGRAM

2) Eat more COLORS!

- For lunch, have students make a funny face using fruits and vegetables from the salad bar, including at least one color from each of the five color groups. Take pictures of the creations and hang them in the cafeteria or classroom.
- Take students on a field trip to the supermarket. Show them where to find produce, familiarize them with prices, and teach them how to choose fresh fruits and vegetables!
- Contact a local fruit orchard or vegetable farm to arrange for a field trip or have the farmer be a special guest in the classroom.
- Work with foodservice personnel to offer additional, seasonal fruits and vegetables at meal time or to have free 'tastings' of unique fruits and vegetables.
- Create a recipe book of healthy snacks with help from students and parents.

Free resources!

- **5 A Day educator resources:** http://www.5aday.com/html/educators/educators_home.php
- **MyPyramid teaching materials:** www.mypyramid.gov/kids/

3) Turn it OFF !

- Have students draw pictures or make collages of things they can do instead of watch TV. Challenge students to implement the ideas they come up with.
- Have students track how much TV they watch before the week begins. Teach them to set goals to reduce their TV time each day.

Ideas for FAMILIES:

1) MOVE more!

- Turn spring cleaning into a fun activity; involve the whole family and play music!
- Train together for a charity walk or run.
- Go for a walk in the woods or explore your town's bike path.
- Play outside – Toss a ball, fly a kite, throw a Frisbee.
- Get pedometers and have a contest to see who takes the most steps in a week.
- Consider participating as a family in Run Vermont's Many Milers program, a fun fitness and nutrition program for youth 4–14:
  http://www.runvermont.org/youth/mmgeneral.html

2) Eat more COLORS!

- Start a mini garden together and have kids decide what to grow.
- Get kids involved! Have them select fruits and vegetables at the store, then at home they can help prepare them for a meal.
- Take your kids to a local garden or berry farm to see where produce comes from.
- Offer a wide variety of fruits and vegetables daily, don't worry if they don't like everything right away. Leave a bowl of fruit on the counter, you'll be amazed how quickly it disappears!
- Try adding new fruits and vegetables into foods your kids already like. Try sliced mango in yogurt and cereal, spinach in sandwiches and pasta, or sliced avocado on turkey burgers.

Free resources!

- **Kids in the Kitchen:** http://kidsinthekitchen.ajli.org/
- **Kidnetic:** http://www.kidnetic.com/BrightPapers/?c=For+Parents

3) Turn it OFF!

- Rearrange your furniture so the TV is not the main focus of the room.
- Remove TVs from bedrooms.
- Turn off the TV during family meal times. Better yet, remove the TV from the eating area, if you have one there. Family meals are a good time to talk!
- Talk as family about things you can do instead of watch television. Make a list and hang it over the TV. Some suggestions:

  • Read together or listen to music — take turns letting different family members choose books or songs • Do an art project or play a game • Start a garden — let each family member choose different flowers or seeds to plant

Make every day active, colorful and fun for your family!

Check out the Governor's Fit & Healthy Kids Initiative on the web at:
http://healthvermont.gov/fitandhealthy.aspx

For more information about the Fit & Healthy Kids Spring Challenge,
call the Vermont Department of Health at **(802) 863-7330**

For copies of this form go to: http://healthvermont.gov/fitandhealthy.aspx