



Keep our Team Players Healthy

The United States is facing an epidemic of childhood obesity, with one-third of all children considered overweight or obese. Healthy children will have the best chance of becoming successful students & healthy adults

- ★ Lifelong habits begin in childhood, so when it comes to eating & exercise, parents have a significant influence.
- ★ Doctors recommend a simple daily prescription for a healthy child, student, & family.

1. Eat plenty of fruits and vegetables.
2. Avoid or cut down on fatty, fried or sugary foods.
3. Restrict hours in front of a computer screen or TV for all family members.
4. At least one hour of physical activity each day.
5. Almost no sugary drinks.

If your family eats well, exercises daily and incorporates healthy habits into daily life, you are modeling a lifestyle that can lead to a lifetime of good health. You are also sending a student as physically prepared as possible for success at school.