

February 2015

Dear Parent or Guardian,

Healthy habits are best learned at home. Since winter is a time when people tend to slow their activities and sometimes overindulge in eating, we thought we would try to help get students back on track.

In an effort to get students back into the swing of fitness and healthy eating, Greenwood is having a March into Fitness event. All students and their families are encouraged to participate. This can also be one way for families to "jump-start" building a lifelong habit of healthy eating and daily physical activity.

The calendar on the reverse side is for tracking healthy eating and physical activity. The numbers 1-5 represent a serving of a fruit or vegetable. (The recommended daily consumption is five or more.) For each serving of a fruit or vegetable, students mark an "x" through the number. A serving would be about a fist size of food. Everyone should strive for five, although some days may be difficult depending on your routine.

There are three "10's" at the bottom of each day that represent 10 minutes of activity. For every 10 minutes of activity, students will cross out one of the "10's". (The minimum daily recommendation for physical activity is 30 minutes each day.)

At the end of the month, students can turn in their calendars to receive a prize. While this is purely a voluntary activity, anyone who has attempted to participate is eligible for a prize. So go ahead, and give it a try!

If you have any questions, please feel free to contact us at 763-745-5520 or by email.

Sincerely,

Mary Hurwitz <Mary.Hurwitz@wayzata.k12.mn.us>

Natalie Johnson <Natalie.Johnson@wayzata.k12.mn.us>

Greenwood Physical Education Specialists

March into Fitness 2015

Name/ Classroom Teacher _____

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 2 3 4 5 10 10 10	2 1 2 3 4 5 10 10 10	3 1 2 3 4 5 10 10 10	4 1 2 3 4 5 10 10 10	5 1 2 3 4 5 10 10 10	6 1 2 3 4 5 10 10 10	7 1 2 3 4 5 10 10 10
8 1 2 3 4 5 10 10 10	9 1 2 3 4 5 10 10 10	10 1 2 3 4 5 10 10 10	11 1 2 3 4 5 10 10 10	12 1 2 3 4 5 10 10 10	13 1 2 3 4 5 10 10 10	14 1 2 3 4 5 10 10 10
15 1 2 3 4 5 10 10 10	16 1 2 3 4 5 10 10 10	17 1 2 3 4 5 10 10 10	18 1 2 3 4 5 10 10 10	19 1 2 3 4 5 10 10 10	20 1 2 3 4 5 10 10 10	21 1 2 3 4 5 10 10 10
22 1 2 3 4 5 10 10 10	23 1 2 3 4 5 10 10 10	24 1 2 3 4 5 10 10 10	25 1 2 3 4 5 10 10 10	26 1 2 3 4 5 10 10 10	27 1 2 3 4 5 10 10 10	28 1 2 3 4 5 10 10 10
29 1 2 3 4 5 10 10 10	30 1 2 3 4 5 10 10 10	31 1 2 3 4 5 10 10 10				
					For each serving of a fruit or vegetable eaten, place an "X" through the numbers 1-5.	For every 10 minutes of physical activity, place an "X" through each of the "10" numbers.

Give this to Miss Hurwitz or Miss Johnson during class in the first two weeks of April to receive a prize for your efforts!