



KSU Program Information



Did you know...

- A child who is active will have stronger muscles and bones, be less likely to develop type 2 diabetes, possibly lower blood pressure and cholesterol levels, and have a better outlook on life.
- All children two years and older need at least 60 minutes of moderate to vigorous physical activity on most, preferably all days of the week.
- Eating a variety of food every day helps you get the nutrition you need—choose more fruits and vegetables; healthy grains; low fat dairy, low fat protein sources; and breakfast every day!

Parents -

- Fill out the consent form for your child and return it to the school before the deadline, **April 13, 2010**.
- Remind your child to record their steps in their log book at the end of each day at school, and make sure that they turn the log book in each week to their teacher.
- Work with your child to keep track of his/her daily progress — help your child create opportunities for engaging in physical activity and healthy eating.
- Remind your child to keep track of their pedometer. If it is lost or broken, parents will need to purchase a replacement. Inexpensive replacements can be found at Meijer, Walmart, Target or a local sporting goods store.

Students -

- Wonder how you are going to get 10,000 or more steps each day? Be creative and have fun!
- Walk or run around the playground at recess. Play team sports that keeps you moving like basketball, soccer, kickball, softball or baseball!
- Ride your bike, rollerblade or use a non-motorized scooter.
- Take walks with your Mom, Dad or any family members after dinner or on the weekend. Have a dog? Volunteer to take the dog for its daily walk.
- Trade in tv or screen time for being more active—run, play, have fun!

For more ideas— check out our website at: www.healthykent.org or www.mypyramid.gov/kids/kids_game.html