

Play Nice! Newsletter

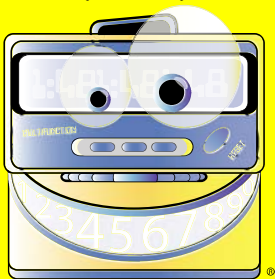
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School Talk

Healthier Lifestyle

Asked to identify the keys to a healthy lifestyle for children, the most frequent responses were a balanced diet (54%) and daily or regular activity (53%).



Childhood Obesity What do parents think?

According to two national surveys, parents support school efforts to strengthen exercise and school nutrition programs.

- 96% of parents believe that educating students about nutrition and exercise is important.
- 95% of parents think physical education should be part of a school curriculum for all students K-12.
- 85% of parents said they would support programs in schools to help fight childhood obesity.
- 76% of parents think "more school physical education could help control or prevent childhood obesity."
- 95% if parents think "regular, daily physical activity helps children do better academically."
- 73% of parents think "parents and school officials should work together to make decisions about what students should eat and drink at school."

The Center for Health and Health Care in Schools.

www.healthinschools.org

National Association for Sport and Physical Education.

http://www.aahperd.org/naspe/template.cfm?template=pr_042903.html



Pedometer Wellness Program

Regular physical activity is an essential part of childhood and essential for a lifetime of good health. To inspire more activity, Peaceful Playgrounds, Inc. is introducing the "We Count" Pedometer Wellness Program designed to encourage children to be more active and aware of their physical activity level.

The advantages of an active life style are many: it improves overall fitness, decreases the chance of type 2 diabetes, enhances self esteem, and has been shown to have a positive relationship between academics and fitness.

The "We Count" Pedometer Wellness Program includes lesson plans on physical activity, nutrition, parent newsletter, student newsletter, teacher instructions and student incentive awards.

A pedometer is used to inform, educate and motivate children in the program to move. Children's' pedometers are a single function (steps) counter. Adult/teacher pedometers are also available. The adult pedometers are multifunction pedometers and include: time/distance/steps/ step total/ and calories.

This program combines physical activity and nutrition education with emphasis on childhood obesity prevention information.

www.peacefulplaygrounds.com