



Teaching nutrition, promoting exercise, changing lives!



September 2012

Are you ready to help your students Commit 2B Fit?

Overall wellness is not only important for your students, it can actually help them be better students. For that reason, Commit 2B Fit is proud to continue our partnership with your school for the 2012-13 Academic Year. We look forward to working with you to help your kids be the best students they can be.

You should have received an email outlining the many Commit 2B Fit teaching resources at your disposal. If not, they are available on the Commit 2B Fit TrainU Link until September 10th:
<http://trainu.palmbeach.k12.fl.us/course?id=1654>

Please attend the TrainU session at your convenience and download the additional resources. The teacher-training manual, in particular, will offer you helpful tips on how to use the planner and integrate it seamlessly into your day.

Please Note: We will be distributing charms and posters early September.

Success is as easy as 1, 2, 3

1. Take advantage of the tools and resources available to you through Commit 2B Fit.
2. Incorporate Commit 2B Fit into every school day. *Idea:* Each week, select a student to be a "Commit 2B Fit Champion"; have them read the tips and info from the planner for that week and host a brief discussion.
3. Send information about the program and planner home to parents. Encourage their support and participation.

Help us help you...

Each year, we collect feedback from teachers like you and tweak or upgrade the Commit 2B Fit program. Our goal is to make your job as easy as we can and to make the process as productive as possible for your students. If you have any feedback along these lines, please send comments and suggestions by September 30th to: info@icommit2bfit.org



The ABCs of Good Health

Activity

Get out and play 60 minutes a day. Do something active whenever you can and try to have it all add up to 60 minutes a day.

Better Choices

Drinking water is better than drinking soda.
Playing outside is better than watching TV. Make smart choices

Commit 2B Fit

Learn the basics of a healthy lifestyle. Then make one small adjustment every week and stick with it.

Remember – small changes can make a big difference!

GETTING STARTED: Pages 4-8 in the Commit 2B Fit Student Planner give and your students all the basics to get started on the right track. By setting the right foundation at the beginning of the year, you'll be able to transition some if not most of the responsibility to students and parents.

You can help maintain a positive momentum through regular checks of the planner and by following up, motivating and keeping students on track. **Collaboration between classroom teachers, physical education teachers and the support of administration** will give students all the support they need to maximize their learning opportunities.

Additional Commit 2B Fit Resources

<http://www.facebook.com/icommit2bfit> - 'Like us' on Facebook and get daily updates on all things related to teaching nutrition, fitness and achieving your goals. PLUS – throughout the year, we will host giveaways for your classroom.

<http://twitter.com/commit2bfit>

<http://icommit2bfit.tumblr.com>

<http://www.icommit2bfit.org>

