
COMMIT 2B FIT

Welcome Back and Happy New Year!

January is a great time to reenergize your students and motivate them for a strong performance in the second half of their academic year.

The Commit 2B Fit planner and program can be an integral part of that process.

Help your students get the most out of the powerful mind-body connection.

Commit 2B Fit in 2014!



Commit 2B Fit can provide you with extra incentives for your students who participate in special fitness events (Jump Rope for Heart, Fun Friday, fun runs, etc.).

These incentives are available on a limited, first-come-first-served basis, and include jump ropes, flying discs, pencils, shopping bags, bracelets and extra posters.

Order yours now while supplies last at elly@iCommit2Bfit.org

Is Your School A Model Commit 2B Fit School?

Now is the time to apply for your school to become a Commit 2B Fit Model School. The Commit 2B Fit Model School Criteria and Application have been distributed. Applications due: March 7th, 2014.



FEBRUARY IS AMERICAN HEART MONTH!

Heat disease is the leading cause of death for U.S. men and women. Diet and exercise are the best way to combat major risk factors like obesity, high cholesterol, high blood pressure and diabetes. But polls show most Americans don't have a heart-healthy lifestyle. Help your kids develop the habits for a lifetime of wellness by making sure they get at least 60 minutes of physical activity each day and enjoy a heart-healthy diet low in fat and high in whole grains, lean meats and plenty of fruits and vegetables.

ANTIOXIDANTS EVERY DAY HELP KEEP THE FLU AWAY

It's flu season. You can boost your immune system by stocking up on these foods that are naturally high in antioxidants (vitamins, minerals and other nutrients that protect and repair your cells).

VITAMIN C: broccoli, cantaloupe, kale, kiwi, mangos, papaya, peppers.

VITAMIN E: avocado, almonds, blueberries, olives, peanut butter, spinach, sunflower seeds.

BETA-CAROTENE: sweet potato, carrots, collard greens, squash and pumpkin.

ZINC: oysters, lean beef, turkey (dark meat), green peas and zinc-fortified cereals.

American Heart Month Activity Ideas

Path to a Healthier Heart

Remind students that physical activity is good for the heart because, like other muscles, the heart muscle works better when it gets exercise.

Have students trace their footprint on a sheet of drawing paper or construction paper.

On the footprint, have them write instructions for a simple activity, such as "Do ten jumping jacks." or "Do five curl-ups."

Make a path by taping the footprints around the edge of the classroom or in the gym.

Invite students to exercise their heart muscle and their other muscles by following the path and performing the activities written on the footprints.

Source: www.heart.org