

Commit 2B Fit

*Teaching nutrition,
Promoting exercise,
Changing lives!*



Spring/Summer 2015

May Holidays and Themes

Each month is full of great holidays and themes that you can incorporate into your daily lesson plans. Here are few fun activities and thought-starters for May:

Monthly Observances:

National Physical Fitness and Sports Month #MoveInMay
National Bike Month
National Smile Month

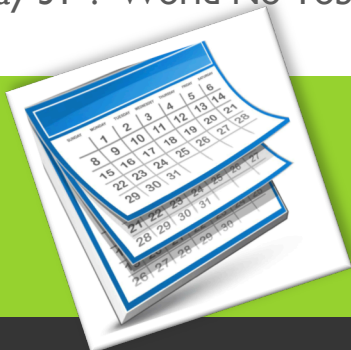
Weekly Observances:

May 18-24:
Healthy and Safe Swimming Week
May 31st: World No Tobacco Day

Brain Power Food For Kids

These foods are nutritious and aid in healthy brain development:

- Avocado (nutrient rich)
- Fish & Fish Oils (lessens effects of attention deficits)
- Blueberries (packed with anti-oxidants)
- Kidney Beans (may also benefit asthmatics)
- Broccoli (kills bad bacteria that can cause an upset stomach)
- Kiwifruit (promotes healthy breathing)
- Brown Rice (helps with sleep)
- Sweet Potatoes (helps prevent diabetes)
- Carrots (boosts immunity)
- Tomatoes (can help prevent cancer)
- Chicken (organic, free-range – great for cell growth & repair)



Did You Know???

You use up to 200 muscles to take a step.

The average person walks the equivalent of twice around the world in a lifetime.

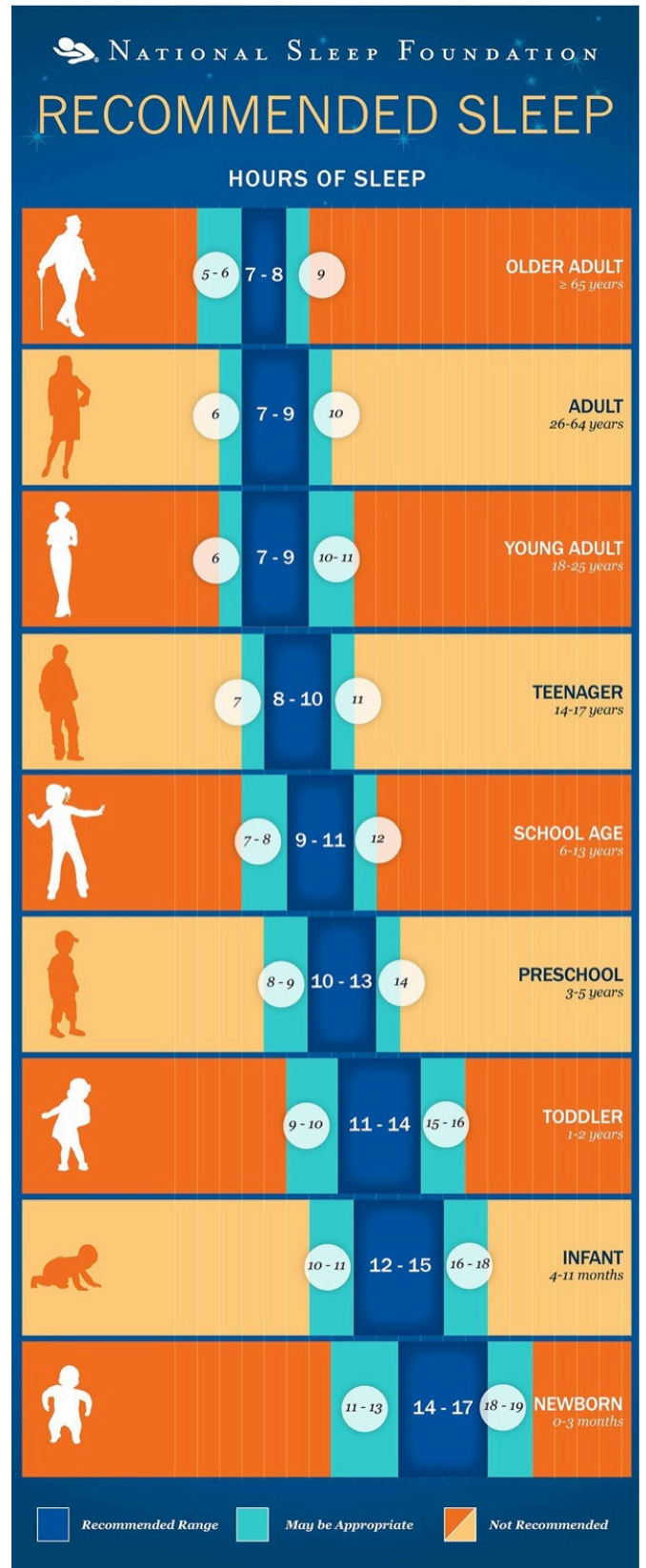
How Well Do You Know Your A, B, Zzzzz's?

Based on a recently completed two-year study, the National Sleep Foundation (NSF) has released new guidelines for how much sleep we need in every phase of our lives.

Of course, no general parameters can tell each of us how much sleep we personally should get, but the pace and stress of modern life, coupled with the increase of caffeinated beverages and electronic devices, has too many children and adults operating at a “sleep deficit.”

Many have gotten used to getting by on less sleep, but that doesn't mean there isn't a price to be paid. Virtually every study on the subject verifies the negative short- and long-term effects of chronic sleep deprivation. In fact, one of the cornerstones of a healthy lifestyle is a commitment to a regular sleep schedule that enables us to get the full quotient of sleep we need.

Review the chart and see how your actual hours of sleep compare with the recommended amount. Then Commit 2B Fit and set a sleep schedule that will enable you to operate at your peak capacities.



We Need Your Help

Commit 2B Fit Teacher Survey – Your Feedback is Requested

As we are nearing the end of the school year, we would like your feedback regarding the Commit 2B Fit Program.

You should have received a link to complete the 2014-2015 Commit 2B Fit Teacher Survey

OR you can click on or copy the link here to complete:

<https://www.surveymonkey.com/s/Commit2BFitTeacherSurvey>

We are requesting that **ALL teachers and PE teachers** participating in the program complete the survey. It will take less than 5 minutes to complete and the information you provide is invaluable.

Congratulations to our 2014-2015 Commit 2B Model Schools

We are pleased to announce that the following schools have been recognized as Commit 2B Fit Model Schools for the 2014-2015 school year.

These schools have demonstrated exceptional dedication in their students' effort to Commit 2B Fit. Their support and promotion of healthy lifestyles for their students and staff is highly commendable.

Congratulations for creating a healthy environment where children, staff, and families can thrive and achieve overall wellness.

H.L. Johnson Elementary
Citrus Cove Elementary
Banyan Creek Elementary
Jerry Thomas Elementary
Starlight Cove Elementary
Allamanda Elementary (2nd year)
Liberty Park Elementary (2nd year)
Grassy Waters Elementary (2nd year)

Thank you to all schools for your continued support!