

progress

community events

The Student Wellness Initiative (SWI) is a groundbreaking new movement that partners the South County Family YMCA with Sarasota County Schools. Your child is about to begin a series of lessons at school teaching them concepts, principles and tips on nutrition, fitness and healthy behaviors. The goal of the lessons is to make your child as healthy as he/she can be and show them how to enjoy life to the fullest. However, children can't make lifestyle changes completely on their own because they are dependent on their parents and adults in their lives to make decisions that affect them.

This "Bringing it Home" progress report is a way for your child to share with you the important concepts that he/she is learning and give you the opportunity to participate in some of the activities with your child. We highly encourage you to participate to the greatest degree possible. Your child should ask you to sign the box associated with the assignment for each week. Please look over the assignments and allow your child to present some of his/her new knowledge to you. Children may keep this progress report at home for the entire 9 weeks. They should bring it back on the final day of the SWI lesson.

We hope that by interacting with your child through this progress report your child and the rest of your family will reap the benefits of healthy living!

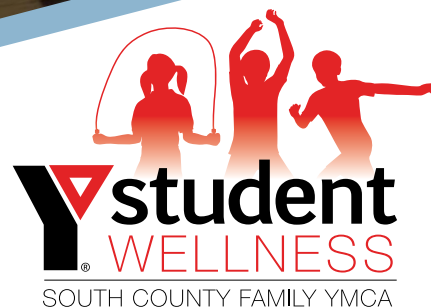
The following events are part of the SWI and open to all families in the community - FREE. All events will be held at the South County Family YMCA. Please come and enjoy the FUN!

- September **Eat Dinner with your Children**, open pool, open gym, rock climbing
- October **Farmers Market**, pumpkin carving, costumes
- November **Family Turkey Burner Classic**, exercise together on Thanksgiving morning in preparation for the feast
- December **Holiday Movie Night** and gift wrapping
- January **Family Field Day** games and activities
- March **March Madness** Family Basketball event
- April **Healthy Kids Day and Turn Your TV Off kick-off**
- May **End of school year cookout** and pool party

South County YMCA
701 Center Road, Venice, FL 34285
941-492-9622
www.southcountyfamilyymca.org



Bringing it Home



week 1

Obstacles to a Healthy Lifestyle

Leading a healthy lifestyle is not always easy. Each day we face many obstacles that stand in our way. Maybe we are even a little confused about the best approach for ourselves and our families. 5-2-1-0 is a simple strategy to help us make healthier choices each day. You can make 5-2-1-0 your family's goal everyday!

Bringing it Home

Explain 5-2-1-0 to your family.

- 5 - _____
- 2 - _____
- 1 - _____
- 0 - _____

Identify your family's 3 main obstacles to a healthier lifestyle:

1. _____
2. _____
3. _____

Look at the Student Wellness Initiative tab on www.veniceymca.org and find our Registered Dietitian's name : _____

- Did you know that when it comes to fruits and vegetables more matters? They are naturally low in calories, high in fiber, and play a role in reducing the risk of many diseases.

Signature

week 2

Pass the Remote

Can you believe we used to have to stand up and walk to the TV to change the channel? And, even then, there were only a few channels to choose from. Now we have hundreds. We can watch people cook, play baseball, garden, hike or do a dozen different things. Wouldn't it be more fun to do these things than to watch? This week Pass the Remote and find something fun and active to do.

Bringing it Home

Pass the remote control and do something fun and active two days this week instead of watch TV

- Day 1 _____
- Day 2 _____

- Visit www.mypyramid.gov/KIDS/ and play the Blast-Off Game
- Mark your family calendar for the Venice YMCA Family Farmer's Market on Saturday October 25, 2008.

- Did you know the average U.S. adult watches more than 4 hours of television a day? That's 25 percent of waking time spent every day. Imagine if you suddenly had 25 percent more time -- that's three extra months per year! You could get in all your exercise, cook your meals from scratch and still have time left over to write a novel.

Signature

week 3

Metabolism Go, Slow, Whoa

Wouldn't we all like to have a metabolism that was set to Go all the time; a green light to eat whatever we like? The truth is there are things we can do to affect the way our metabolisms work. Starting the day with a healthy breakfast, staying active, building muscle, and eating more Go foods and less Whoa foods each day can help our bodies use the energy from the food we eat more efficiently.

Bringing it Home

Write down what you had for breakfast three days this week:

- Day 1 _____
- Day 2 _____
- Day 3 _____

- With your family visit http://kidshealth.org/kid/stay_healthy/food/go_slow_whoa.html

Look at the school lunch menu with your family and find an example of a Go, Slow, and Whoa selection:

- Go: _____
- Slow: _____
- Whoa: _____

- Did you know that skipping breakfast is more likely to cause weight gain? Research shows that people who skip breakfast are more likely to overcompensate for the loss of breakfast by eating more high fat, energy dense foods later in the day.

Signature

week 4

Walk the Walk, Talk the Talk

Texting, email, voicemail, instant messaging – it seems we rarely speak to a human being anymore. None of these can take the place of a real, face to face conversation. But with all we have to do each day, who has the time? Taking a walk with someone we care about is a great way to spend a little time together and get some exercise. And when you go for that walk, grab a bottle of water. Our bodies need 48 to 68 oz of water each day to function at their best.

Bringing it Home

- Take a walk and talk with a family member 3 times this week
- Drink 6 eight ounces glasses of water at least one day this week
- Visit www.americaonthemove.org and ask a parent to register your family

• *Did you know that there are about 10 teaspoons of sugar in a 12 oz soft drink? Sugar is a big source of "extra" calories in our diets and too much can lead to weight gain and tooth decay.*

Signature

week 5

Deal or No Deal?

Calories have certainly gotten a bad reputation. A calorie is just the way we measure the energy that food contains and the energy it takes for our bodies to function and move. Sitting, running, sleeping, lifting weights - we need the energy in the form of calories to do all these things. It's just a matter of balance. Maybe if our food came labeled with the amount of activity it would take to spend the calories, we might make better choices. Cheesecake? You would need to walk over five miles to use up the 586 calories in one small slice. Deal or No Deal?

Bringing it Home

- Participate in a cardiovascular activity lasting 20 minutes or more twice this week
- Cardio 1 _____
- Cardio 2 _____
- Participate in two strength training activities this week
- Strength 1 _____
- Strength 2 _____
- Stretch two mornings this week.

• *Did you know that eating an extra 100 calories per day can lead to a gain of about 10 pounds per year? It takes 3500 to total about 1 pound.*

Signature

week 6

Play It Your Way

It seems that even children have a difficult time fitting play into their schedules. Between homework, afterschool activities, chores, TV and computer games there isn't much time left to go outside and play. Maybe we don't have all the equipment or the perfect field to play in. That is the beauty of creating and adapting our own games. We can play hopscotch with the cracks in the sidewalk or invent a baseball game for only two players. When we create them ourselves we can adapt for the number of people, the equipment, the space and the time we have.

Bringing it Home

- Play an outdoor game with your family once this week
- Visit www.info.kp.org/richmedia/kidWisdom/ and play Snacktown Smackdown
- Trade a less healthy snack for a healthier choice three times this week.
- Healthy Choice 1 _____
- Healthy Choice 2 _____
- Healthy Choice 3 _____

• *Did you know that strawberries are the only fruit that have their seeds on the outside? An average strawberry contains over 200 seeds. Strawberries are low in calories, and have lots of vitamins and minerals and are great for topping breakfast foods, yogurt, or even for snacking on by themselves.*

Signature

week 7

Diet Detectives

Eating a healthy diet can seem like quite the mystery. Choosing how much and what kinds of foods to eat at each meal can be tricky. Eating an abundance of fresh fruits and vegetables is always a great place to start. Learning about the Food Pyramid, Go, Slow, and Whoa, and using 5-2-1-0 as a guide are all clues to solving the mystery of a healthy diet.

Bringing it Home

- Eat 5 servings of fruits and vegetables at least 2 days this week
- Day 1 _____
- Day 2 _____
- Visit www.members.kaiserpermanente.org/redirects/landingpages/afd/ and play "Diet Detectives"
- Visit the Venice YMCA Family Farmer's Market Saturday, October 25th anytime from 8:00 am to 12:00 noon.

• *Did you know that you can eat less at a meal by serving vegetables on your plate first? You are more likely to balance your meal if you visualize half of the plate as vegetables and the other half divided by grain and meat/protein sources.*

Signature

week 8

Jump into the Zone

Do you and your family need a fun and inexpensive way to get a great workout? Try jumping rope. Jumping rope is a fantastic way to exercise one of our most important muscles, our heart. We exercise our heart muscle anytime we elevate our heart rate. In fact, we can increase our fitness by keeping our heart rate in an elevated zone above the resting rate for more than twenty consecutive minutes. Grab a rope and give it a try.

Bringing it Home

- Check your heart rate during screen time
- Heart Rate _____
- Jump rope for 2 consecutive minutes and check your heart rate
- Heart Rate _____
- Teach a family member 3 jump rope skills
- Skill 1 _____
- Skill 2 _____
- Skill 3 _____

• *Did you know your heart beats about 100,000 times per day? That's approximately 35 million times a year.*

Signature

week 9

A Family That Trains Together...

Training for a community event can be a fun way for a family to stay active together. In the Venice area we are fortunate to have a variety of events to choose from. Try a 5K or participate in a charity walk-a-thon. Maybe you'd like to be really brave and try a marathon or a triathlon. Challenge yourselves. As a family working and training together you can accomplish anything! And with 5-2-1-0 as your guide you already have a head start.

Bringing it Home

- Plan on participating in Family Field Day at YMCA on January 10, 2008
- Visit www.kidnetic.com and take the fitness challenge
- Investigate and discover a community event that your family can train for together.
- Community Event _____

• *Did you know families that set fitness goals together are exercising more than their bodies? They are encouraging positive values, self-esteem and healthy habits for life*

Signature