

Healthy Lifestyles – Marshfield Area Coalition’s

Hints for Health

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health”. Follow these tips for staying healthy when you and your family go back to school. Enjoy!

Back to School Nutrition

Good nutrition is important for good learning. Children who eat healthy foods will be more likely to make better food and nutrition choices as adults. Studies show that the opposite is also true; overweight children tend to become overweight adults. Obese children have an 80% chance of becoming obese adults.

Teach your children about healthy foods, here are some suggestions to help...

- Be a role model. Kids copy adults, so set a good example.
- Keep plenty of healthy food on hand. Limit the amounts of foods you buy that are high in added sugar, saturated fats, and trans fats.
- Include fruits, vegetables, and whole grains for school snacks, parties, and special events.
- Snack smart. Snacks are a normal part of a healthy diet. Keep healthy choices on the lower shelf or in front, so kids can see and reach them.
- Set out bowls and cereals the night before to make the morning meal quick and easy. Or pack it to go the night before.
- Make family time an active time. Plan a monthly bowling date. Walk or bike more, and drive less. Get out and tumble in the leaves with your kids. Walk around the soccer field as you watch your child play.
- Studies show that people do better when they track their progress. Try using the Eat Smart, Play Hard Tracking Card at www.fns.usda.gov/eatsmartplayhardhealthylifestyle/KeepScore/keepscore.htm

Did you know...

October is International Walk to School Month! Let’s take the first step to change community culture and create environments that are more walkable for everyone! Children throughout Marshfield are encouraged to walk or bike to school on Walk to School Day 2011. This international event will be held on Wednesday, October 5th. Each Marshfield area elementary school will plan a special event to encourage kids to walk or bike to school on a regular basis.

In addition, a one month walk/bike to school challenge will begin on Monday, October 3rd through Wednesday, October 26th. Participating students are eligible to win bike helmets, t-shirts, reflector strips, and one grand prize winner will receive a new bike donated by Ministry St. Joseph’s Children’s Hospital!

Reasons to walk or bike

- Being eco-friendly
- Reducing traffic congestion and speed near schools
- Increasing physical activity
- Sharing time with community leaders, parents and children