



November

Building a Healthy SASD

Good Health Is A Balancing Act!

nrgBalance. Help your family get on the road to good health. Eating right and being active every day is important for energy balance. An important part of being healthy is achieving **energy balance**: eating and drinking (energy in) to provide the right amount of fuel our bodies need for healthy growth, every day living and physical activity (energy out). Choose a different “Energy In” and “Energy Out” tip each week for you and your family to try.

Remember **nrgBalance 12345!** to help your family make healthy choices everyday.

- 1 Hour of physical activity each day
- 2 Less than 2 hours of screen time each day
- 3 Three meals a day with family and friends
- 4 Four or more glasses of water or no/low calorie beverages each day
- 5 Five or more fruits and veggies each day



SASD HIGHLIGHT OF THE MONTH - Building a Health Oak Ridge!

Students at Oak Ridge Elementary School were invited to participate in the 2008 Keystone Active Zone (KAZ) Summer Passport Program. Students and their families were encouraged to get outside, be active and explore local parks and trails during the summer break. Over 32 students participated in at least 5 summer events to earn a chance to win some exciting prizes! Prizes were donated to Oak Ridge as well as other participating schools in the NPSD and the WSD by the following area businesses: WalMart, Garden Golf & Go Karts, Performance Bike Shop, Pedaller Bike Shop, Kid Power Gym, Hockey Heaven and Citizens Bank Park. Special thanks to Colleen Wegimont for promoting this event in the school. Please be a partner to assist your student in getting out and exploring a new park or trail and getting the physical activity they need.

Food = ENERGY IN

- o Serve food portions no larger than your fist
- o Eat off smaller plates
- o Choose “grilled” or “baked” items
- o Skip second helpings
- o Serve water or low-fat milk at meals
- o Ask for salad dressing “on the side”

Activity = ENERGY OUT

- o Walk faster
- o Dance to music
- o Play with your kids 30 minutes each day
- o Take stairs whenever you can
- o Walk to a co-workers desk rather than e-mailing or calling them
- o Sit up straight at work

For more information, visit:

www.mypyramid.gov

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/tips.htm

<http://www.panaonline.org/nrgBalance/index.php>



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