



FIT SCHOOL, INC.

September 1, 2009

Dear Parent:

Welcome to the *Fit School Newsletter*. Each week you will receive a newsletter filled with information to help you and your family take steps to living a healthier life.

Each week, your newsletter will contain the following:

- Nutrition and exercise goals to work on as a family
- A kid-friendly, healthful recipe and a shopping list
- A well-balanced meal idea
- The Nutrient of the Week: an explanation of the function of the nutrient, recommended allowances of that nutrient for different age groups, and the best food sources from which to get the nutrient
- A list of healthful snacks
- Health and Fitness Resources: Each week a health-related website, parent book, children's book, and videotape, audiotape, CD, or CD-ROM are recommended.

Here are some ways to use the newsletter with your family:

- Use a 3-ring binder to keep all of the newsletters as a quick reference for health and fitness information.
- Each week, post the Health Goal and the Exercise Goal where all family members can see them. Discuss how you are working toward these goals during the week.
- Read and talk about the Nutrient of the Week. Discuss how each family member can get his/her Recommended Dietary Allowance (RDA) each day.
- Go to the library and find the books, videos, audiotapes or CD's recommended in the Health and Fitness Resources section.
- As a family, visit the website listed under the Health and Fitness Resources.

Fit School, Inc. is a research-based company that partners with preschools, elementary schools, and middle schools in educating families to live healthier lives. The information that we provide is consistent with that of **The American Academy of Pediatrics**, **The American Dietetic Association**, and **The American Heart Association**, so your family will be receiving sound advice in an easy-to-read format. While keeping your family up-to-date on health-related issues, the newsletter also uses a cross-curricular approach that provides Science, Math, and Social Studies Connections throughout, so that health related issues can be integrated into your child's school curriculum.

We hope you enjoy and learn from your 36 issues of *The Fit School Newsletter*.

Sincerely,
The Fit School, Inc. Team