

## ARKANSAS ELEMENTARY P.E. NEWS

DEAR PARENTS/GUARDIANS,

BEST WISHES FOR A HAPPY AND HEALTHFUL NEW YEAR! AS YOUR CHILD'S PHYSICAL EDUCATION TEACHER I AM ALWAYS CONCERNED ABOUT THE AMOUNT OF ACTIVITY OUR STUDENTS ARE GETTING. DURING A TYPICAL SCHOOL DAY YOUR CHILD HAS LIMITED OPPORTUNITIES FOR EXTENDED PERIODS OF PHYSICAL ACTIVITY. YOUR CHILD ATTENDS P.E. CLASS ONCE A WEEK. AS THE NEWS AROUND THE NATION HAS BEEN SHOWING AND TELLING US THE RATE OF CHILDHOOD OBESITY AND TYPE 2 DIABETES HAS BEEN STEADILY INCREASING OVER THE YEARS. IT HAS BEEN RECOMMENDED BY DOCTORS AND OTHER HEALTH CARE PROFESSIONALS THAT CHILDREN MAINTAIN A HEALTHY DIET AND INCREASE PHYSICAL ACTIVITY TO HELP LOWER YOUR CHILD'S RISK OF OBESITY AND TYPE 2 DIABETES. WHAT CAN WE DO TO HELP....WELL WE CAN SET A GOOD EXAMPLE BY EATING A HEALTHY DIET AND EXERCISING. THIS CAN BE AN OVERWEHLMING TASK AT TIMES. CHANGES IN DIET AND EXERCISE HABITS CAN BE DIFFICULT TO ALTER ESPECIALLY IN OUR BUSY SCHEDULES. I SUGEST STARTING OUT SMALL, BIG CHANGES ARE DIFFICULT FOR MOST PEOPLE. EVALUATE YOUR REFRIGERATOR AND PANTRY...ARE THERE HEALTHY CHOICES IN THERE...FRUITS, VEGGIES, CRACKERS, CHEESE?

I will be sending fitness exercise sheets for children to complete at home. The idea is for children to continue learning ways to exercise with their family. They can choose the activities that they like to do that involves moving their bodies and keeping fit.

CHILDREN WILL LOVE TO MOVE IF THEY HAVE SOME ONE TO MOVE WITH! REMEMBER PARENTS....YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT ROLE MODEL. PICK A SPECIAL TIME DURING THE DAY TO DO A QUICK EXERCISE ROUTINE WITH YOUR CHILD IT IS A GREAT WAY TO TAKE TIME OUT FROM A BUSY DAY AND YOU WILL BE HELPING YOUR CHILD TO DEVELOP A HEALTHY HABIT THAT COULD LAST A LIFETIME!

In addition to exercise, I have given some ideas for Family Activities during the winter break:

[Denver US Mint downtown](#). Reservations required: 303-405-4761. downtown Denver  
[Denver Art Museum](#) downtown Denver  
[Celestial Seasonings](#) in Boulder  
[National Center for Atmospheric Research](#) in Bolder  
[Washington Park](#)