



FAIRFAX COUNTY
PUBLIC SCHOOLS

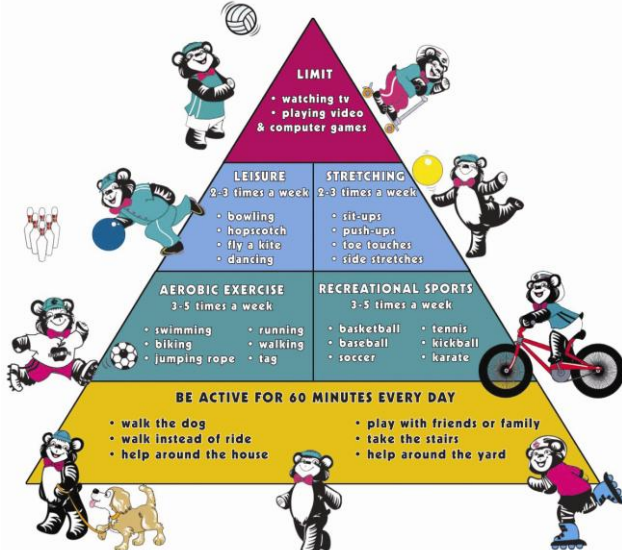
Department of Financial Services

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Food and Nutrition Services has developed monthly Energy Zone articles that schools are welcome to use in your monthly parent newsletters. Below, you will find an article for your January newsletter.

The Exercise Pyramid



LIMIT
• watching tv
• playing video & computer games

LEISURE 2-3 times a week
• bowling
• hopscotch
• fly a kite
• dancing

STRETCHING 2-3 times a week
• sit-ups
• push-ups
• toe touches
• side stretches

AEROBIC EXERCISE 3-5 times a week
• swimming • running
• biking • walking
• jumping rope • tag

RECREATIONAL SPORTS 3-5 times a week
• basketball • tennis
• baseball • kickball
• soccer • karate

BE ACTIVE FOR 60 MINUTES EVERY DAY
• walk the dog • play with friends or family
• walk instead of ride • take the stairs
• help around the house • help around the yard

TIPS FOR EAT RIGHT

- Choose healthy foods.
- Increase whole-grain foods.
- Eat fruits and vegetables especially dark green and orange.
- Include calcium-rich foods such as lowfat dairy products.
- Select lowfat meat, chicken, turkey and fish.
- Avoid foods and beverages with sugar as the first ingredient.

TIPS FOR EXERCISE

- Be an active family.
- Exercise 60 minutes per day
- Include physical activities at family celebrations.
- Limit TV and computer time.