



### BODY COMPOSITION



Today we learned all about body composition. We learned that there are five major components to our bodies. They are bones, internal organs, fat, skin and muscles. We found out that even if two people look similar on the outside they could be very different on the inside.

Our eating and exercise habits determine how healthy our bodies are on the inside and outside, so it is important to eat a well-balanced diet and get enough physical activity so we can grow up to be strong and active.

### AT HOME ACTIVITY



There are many ways to stay healthy as a family. Here a few to get started:

- Eat a well-balanced diet, including breakfast every day.

- Get plenty of restful sleep as this helps children and adults in several ways including maintaining a healthy immune system, learning, and memory function.
- Play on a swing-set or at a park as many of the days of the week as you can, everyday would be best, to use different parts of the body to promote strong bones and muscles.

### GET YOUR VITAMINS!



Every day, our bodies need several vitamins and minerals for healthy, strong bodies. Eat a variety of grains, fruits, vegetables, milk products and meat or beans for a well-balanced diet.

Along with a nutritious diet, physical activity is important to make part of your regular daily routine. Healthful eating and being physically active work together so you can be healthier!