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MOVE IT! THE IMPORTANCE OF DAILY EXERCISE

Today in class we talked about three reasons why regular exercise is so important:

1. Exercise is good for your heart. It helps your heart pump blood all through your body. Your heart can never take a rest, so it needs to be strong! Good food and plenty of exercise help.
2. Exercise can put you in a good mood. When you exercise, your body makes a chemical — called an endorphin — that helps you feel good.
3. Exercise helps your body stay at, or reach, a healthy weight. The food you eat is energy that you put into your body. This energy is also called "calories." To stay at a healthy weight, you have to use up the energy you eat. Exercise helps you do that. If you don't use the energy, it stays in your body and can make you gain weight that you don't need. Extra weight is hard on your heart, muscles and bones.

AT HOME ACTIVITY

It's important for adults to get exercise too, and it's a fun way to spend time as a family. Together with your children, make a list of activities you can do together. Ask your child to think of activities they would enjoy (and that you'd be willing to do to!). If he or she has trouble, you could suggest bowling, ice skating, musical chairs, and

even bundling up well and going outside for winter walks and hikes.

What would be fun when the weather is warmer?

Again, let your child think of his or her own activities. You can offer ideas such as going for nature walks, riding bikes, and swimming.

KEEP GERMS OUT

It is important to prepare foods the right way to make sure you and your family avoid food poisoning.

Here are some tips for keeping the germs out:

- Wash your hands before and after handling food.
- Wash counters and food preparation areas with soap and water before cooking.
- Wash fruits and vegetables before eating.
- Only eat foods that are cooked right - if it doesn't look done, don't eat it.
- If a food smells or looks different than it normally would, it might be that the food is spoiled and you shouldn't eat or drink it.
- Keep leftovers only three to four days in the fridge. Heat them up well before eating.
- Check expiration dates and use the food before it expires. Don't eat if it is after the expiration date.
- Germs grow best at room temperature, so cover and refrigerate food right away to keep the bacteria from growing out of control.

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