

## Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

### BREAKFAST MENU

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| 1 - Dutch Waffle<br>2 - Assorted Yogurt<br>3 - Assorted Cereal         | 1 - Bacon & Egg Biscuit<br>2 - Mini Donuts<br>3 - Assorted Cereal              | 1 - Pancake on a Stick<br>2 - Nutrigrain Bar<br>3 - Assorted Cereal    | 1 - Ham, Egg & Cheese Bagel*<br>2 - Mini Donuts<br>3 - Assorted Cereal         | 1 - Mini Confetti Pancakes<br>2 - Purple Daze Smoothie w/Muffin<br>3 - Assorted Cereal |
| 1 - Egg & Cheese Biscuit<br>2 - Pop-Tart<br>3 - Assorted Cereal        | 1 - French Toast Sticks<br>2 - Mini Donuts<br>3 - Assorted Cereal              | 1 - Mini Cinni's<br>2 - Assorted Muffin<br>3 - Assorted Cereal         | 1 - Sausage & Cheese Croissant*<br>2 - Mini Donuts<br>3 - Assorted Cereal      | 1 - Mini Waffles<br>2 - Chocolate Crescents<br>3 - Assorted Cereal                     |
| 1 - Ham & Cheese Muffin<br>2 - French Toast Bar<br>3 - Assorted Cereal | 1 - Pancake on a Stick<br>2 - Mini Donuts<br>3 - Assorted Cereal & Cereal Bars | 1 - Mini Bagels<br>2 - Assorted Muffin & Yogurt<br>3 - Assorted Cereal | 1 - Egg & Cheese Bagel<br>2 - Mini Donuts<br>3 - Assorted Cereal & Cereal Bars | 1 - Mini Waffles<br>2 - Yogurt Cup & Gripz<br>3 - Assorted Cereal                      |
| 1% white & chocolate milk offered daily                                |  | Fresh Fruit offered daily  |  |  |
|  |  |  |  |  |

### Fresh Pick Recipe

#### PEAR SALSA

- 1/2 c Onion (small dice)
  - 1 Jalapeño pepper (minced)
  - 1 Yellow bell pepper (medium dice)
  - 1 Green pepper (medium dice)
  - 1/2 Cucumber (medium dice)
  - 2 c Pears (medium dice)
  - 1/4 c Orange juice
  - 2 T Lime juice
  - 1 T Extra virgin olive oil
  - Salt and pepper to taste
1. Prepare all ingredients as directed and mix in a bowl.
  2. Mix orange juice, lime juice and olive oil in small jar.
  3. Pour just enough dressing on the salsa to coat.
  4. Serve with baked corn chips.

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