

PARENT HEALTH BULLETIN



Heart of Largo—Eat Smart, Play Hard

HEART OF LARGO CALENDAR CONTEST AND THE WINNER IS...



Nadya
Oakhurst Elementary

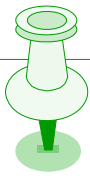
The Heart of Largo project held a take home coloring contest for students in grades first through third. Nine elementary schools participated in Largo. Participating students were asked to draw a picture of how they stay active and to include a healthy message.

Thirteen winners were chosen for the 2009 Heart of Largo calendar. Each month the calendar displays the winners and the overall winner is featured on the cover. The calendar also includes activities and events in the community, and health tips.

**BEGIN THE YEAR
WITH EXERCISE!**

Make it a daily challenge to find ways to move your body.





LARGO WELLNESS CORNER

RIDGECREST ELEMENTARY

The Ridgecrest P.E. Department will be starting a Mileage Club. This club will be a walk/run program and will be held during P.E. The Mileage Club program helps in the fight of childhood obesity by motivating kids to exercise, burn off excess energy, improve school performance and builds self esteem. The program is designed for students to walk around the P.E. field as they complete a lap, their mileage card is checked off. Cards are collected at the end of the designated time. For each 5 miles that a student completes, they are awarded with a "toe token".



PONCE DE LEON ELEMENTARY



In the month of October, the First Grade team at Ponce de Leon Elementary were studying nutrition and learning about the human body. To celebrate Halloween, instead of having sugary sweets, the children were asked to pick a healthy snack to bring. Parents were asked to bring in only healthy items for the children which included, cheese sticks, fruit juice, baby carrots, goldfish, pretzels.



TAKE THE FIRST STEP:

Register at www.pinellaswellness.com
Record your steps each day on our website under your city's name. A basic pedometer can help you keep track.

How Your City Can Win:

Anyone can join! An average of the steps accumulated by the registered community members will determine which city will be declared the winner.

Competition begins on **March 1st!**



WHAT DO WE LOOK FOR IN A POTENTIAL HEALTHY CHOICES RESTAURANT MEMBER?

- Heart Healthy (Low or Reduced Fat)
- Take Half Home
- Cook to Order (ex. Offering grilled instead of fried or no butter added)
- Vegetables, fruit, salad or rice instead of French fries

Go to

www.pinellaswellness.com

for a complete listing of participating restaurants.

WAYS TO SURROUND YOUR FAMILY WITH SUCCESS FILL YOUR KITCHEN WITH SMART FOOD CHOICES:

- ⇒ Stock your cupboards with convenient low-calorie snacks like pretzels, rice cakes, low fat popcorn and graham crackers.
- ⇒ Pre-wash mini carrots, celery, grapes and apples for quick snacks.
- ⇒ Have dairy products on hand, such as, low-fat milk, yogurt and cheese.
- ⇒ Satisfy chocolate cravings with low-fat pudding cups or frozen fudge bars.

