



COLONIAL NUTRITION NEWSLETTER

Know your Fitness Facts...

What is Fitness??

Fitness is the ability to meet routine physical demands and the physical condition of the body.

Fitness can be determined by the following factors:

- **Flexibility of Joints**
 - ➔ Bending and stretching at joints without injury
- **Strength and endurance of muscles**
 - ➔ Power in the movement of muscles and the ability to carry on a physical activity
- **Healthy body composition (body mass)**
 - ➔ Girls: fair amount of stored body fat and a good amount of lean muscle
 - ➔ Boys: High amount of muscle, lower amount of body fat
- **Endurance of the heart and lungs**
 - ➔ Ability of the heart and lungs to handle physical activities



Fitness Benefits

Better Self Image & Higher Self Esteem

Improved Bone Density

Improved Heart Health and decreased risk of heart disease, stroke, and diabetes in children, teens and adults

Mental Wellness & Helps to control depression

Improved agility and speed (To run after the bus when you're late!)

Improved strength for daily activities (Carrying all those school books!)

Sleep Better

Better Flexibility= Better Sports Performance

Special Warning

If you do not do regular physical activity see a doctor before starting any rigorous exercise!
Good Rule of Thumb: Start slow and see a physician.

Checkout these wepages...



Check out a cool Food and Fitness Page for teens !

http://www.kidshealth.org/teen/food_fitness/

Learn about your Body Mass (Ages 2-20)

http://kidshealth.org/parent/general/body/bmi_charts.html

Tips for Exercise:

http://www.mypyramid.gov/pyramid/physical_activity_tips.html

Fitness Tips to try:

- Try an intramural sport after school
- Anyone up for some B-ball? (400 calories burned per hour)
- Participate in PE/Gym class activities
- Earn so 'extra points' with parents and do some chores (Light cleaning burns 240 calories per hour!)
- Purchase a pedometer (\$/store) and challenge friends to see who can do the most steppin'! (280 calories burned per hour)



Note to Parents:

According to the US Department of Health and Human Services, a child's health and fitness are related to the physical behaviors and habits of the parent. **Make physical activity a family tradition!**