

***EAT WELL GET MOVING!* SCHOOL PROGRAM**

Our school will be participating in the *Eat Well Get Moving!* program from February 1 to April 30, 2012. The aim of this exciting challenge is to get students to eat more vegetables and fruit and to be more active.

Each student will receive an *Eat Well Get Moving!* Crunch & Go Card for recording the physical activity they do and the number of servings of vegetables and fruit they eat. At the end of the month, students return cards to their teachers. Returned cards are entered into the random monthly draws for individual student and class prizes. Teachers are provided with additional prizes to use with their classes at their discretion. There are a number of Grand Prizes that will be given out at the end of the program based on school and class participation.

How Can You Get Involved?

- ◆ Encourage your student(s) to participate in the *Eat Well Get Moving!* program. Keep the card in a prominent place so it does not get lost. Remind your student(s) to check off their “sneakers” and “orange slices” every day. Keep favourite vegetables and fruit on hand and praise your student for a job well done!
- ◆ The Crunch & Go Cards are interactive and include activities for each month of the program. Students that complete the activities and return their cards will be entered in a draw each month for great prizes!

February – Students are asked to draw a picture of themselves eating veggies and fruit or being active.

March – Bake the recipe provided together and take a picture to send to us.

April – Do the fun word puzzles together and check our website (fitinfitness.ca) to see if you have the correct answers.

For more information on *Eat Well Get Moving!* please visit www.fitinfitness.ca

