

Family Name: _____ Number of children ages 5-12 _____

TSES and We Promote Health present
WE CAN: A Family Wellness Event

February Family Activity: Energize our Families

Spend the month of February looking over session 1 in your Family Guide book (pp. 5-16). Complete the activities below, then return this paper to school for Fitness Finders for the children in your family. (Parents, you can help out by doing the writing on this paper.)

1. Look at the list of "tips" on page 11-12. Talk to your family about which ones you will incorporate into your family routines.
2. Try some different 100 calorie snacks this month (p. 13). Write down a family favorite. It can be something new or something you've always enjoyed eating.

3. Challenge your family to take small steps toward a healthier life (there are some ideas on pages 14-15). Write 2 things you tried to change your Energy In and Energy Out this month.

Eat Well (Energy In)

- _____

- _____

Moving More (Energy Out)

- _____

- _____

Return this paper to your AM teacher to receive your Fitness Finders and your March Family Activities!

Please contact Mr. Watts or Mrs. Glassband with any questions or concerns.