

TSES and We Promote Health present

WE CAN: A Family Wellness Event

March Family Activity: The Energy Balance Equation

Spend the month of March looking over session 2 in your Family Guide book (pp. 19-30). If you didn't attend the event at school, look on our school website for a scanned version of the book pages. [If you don't have internet access, please contact the school for a hard copy.] 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. Take the Portion Distortion Quiz on page 24-26. Talk to your family about:
 - a. What surprised you?
 - b. Are there times when you might eat portions that are too big?
 - c. What **small steps** can your family take toward eating appropriate portions?

2. Try one of the 100 calorie (or less) snacks this month (p. 28-29). 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 and 15). Write something you can try to change (or continue good habits) to improve your Energy Balance this month.

Eat Well (Energy In)

- _____

Moving More (Energy Out)

- _____

Check here if you would NOT like your responses shared on the announcements or the weekly newsletters.

Return this paper to your AM teacher to receive your Fitness Finders and your April Family Activities! Please contact Mr. Watts or Mrs. Glassband with any questions or concerns.