

FAMILY & EDUCATION NEWS

How Schools And Families Can Help Kids Be Healthy And Wise

(NAPSA)—This year, participating schools around the country can sign up through their Box Tops for Education coordinator to host a Family Fitness Night. Parents, teachers and others will volunteer to oversee six activity stations designed to teach families how fun and simple it can be to stay healthy.

It's important that kids participate in at least 60 minutes of physical activity every day. Unfortunately, most kids are not getting enough exercise or eating what they should. Consider these points:

- The average child spends five to seven hours a day sitting in front of some kind of screen despite the fact that school-age children should not be inactive for longer than two hours at a time.

- Compared to inactive kids, those who get 60 minutes or more of physical activity a day have higher levels of fitness and stronger muscles. They also have less body fat, stronger bones and reduced symptoms of anxiety and depression.

- Less than 25 percent of kids get their daily-recommended servings of fruits and vegetables.

- Nine out of 10 Americans



Kids can learn about the importance of healthy eating and exercise habits in an entertaining way.

(including kids) do not get enough whole grains in their diet.

- Research shows that kids who eat breakfast do better in school, have better nutrient intakes and have healthier body weights than kids who skip breakfast.

These are just a few of the reasons the Box Tops for Education program wants to promote exercise and good nutrition at school. That's where kids spend most of their time, making it a good place to teach them the importance of physical activity and healthy nutrition and that staying fit can

be as simple as finding different ways to have fun.

Over the past 14 years, school supporters have earned \$300 million to support education through Box Tops for Education. The cash earned through the program helps fill gaps in school budgets, funding essential items such as computers, books, art supplies, playground equipment and uniforms.

“By doing simple, everyday activities like grocery shopping, dedicated school supporters are making a significant difference in America’s classrooms,” said Kimmra Hingher, program manager for Box Tops for Education.

School supporters can clip Box Tops coupons, valued at 10 cents, from hundreds of General Mills and other products and earn more cash by shopping online at major retailers, where a percentage of qualifying purchases is donated back to their school.

Learn more at www.btfe.com. There you can sign up free to support your school, see how much your school has earned through Box Tops for Education, print coupons, read parenting articles and join discussions in the Parenting Community forum.