

# August: Focus on Energy!

*Healthy Eating + Physical Activity =  
Better Health and Better Students*

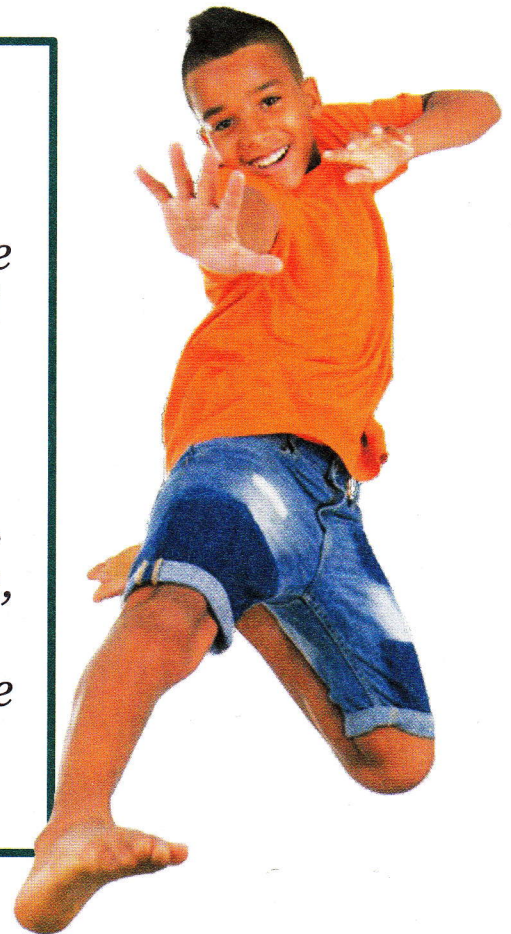
Remember to help your child balance healthy food choices with physical activity.

You can do this by serving 2 fruits & 3 vegetables daily, and encourage your child to move 60 minutes each day.

## **Attention Families:**

*Go to the **August** section of your child's student planner and read the information on healthy eating and physically activity.*

*As a family, complete all of the activities for the month of **August**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Heathy Habits Challenge**.*



Check out [www.HealthMPowers.org](http://www.HealthMPowers.org) and follow us on



@HealthMPowers