

Name: _____ Date: _____



Ready—for reading, writing,
and math

Set—to be active, eat smart,
and feel good

Fit—for life with knowledge
and a new attitude

Families: Find out what your child is learning in school about
the importance of balanced fitness. See inside!



Ready, Set, FIT! is brought to you by Americans In Motion (AIM). AIM is sponsored by the American Academy of Family Physicians and is supported by educational grants provided by core supporters. A listing of AIM's supporters can be found at www.americansinmotion.org.

Dear Family:

In school, your child is learning about the three important parts of fitness—being active, eating smart, and feeling good. Your child's teacher is using the **Ready, Set, FIT!** curriculum to help teach your child how he or she can make important fitness choices for lifelong health.

Aim to inspire your child to be fit! Be a healthy role model for your child. Challenge each other to make balanced fitness choices every day. A family doctor can also help your family feel their best and offer ideas for healthy living. For additional family fitness resources, visit www.readysetfit.org, and for more health information for the whole family, visit www.familydoctor.org.

Thank you for your support and participation! We hope that you will enjoy the following activities with your child as you continue the journey of fitness together.

Sincerely,

American Academy
of Family Physicians

Scholastic

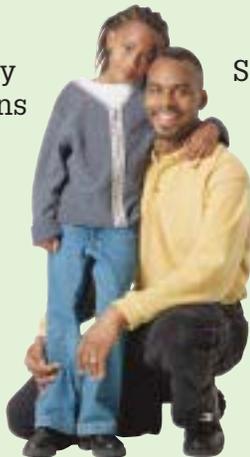


Photo: © RubberBall Productions.

Three Parts Make the Whole You

Talking about the choices you make as a family can show you how you're being active, eating smart, and feeling good—the three important parts of **fitness**. Use the pie chart below to help you think about the choices you make together. Try to have a balanced day, every day.



Photo: © Stockdisc.

Three Is Key!



Share what you've learned about balanced fitness with your family. Take a moment to discuss the types of activities your family enjoys doing together. Use the information from your family discussion to answer questions 1 through 4 below.

Questions

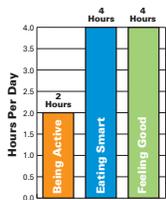
- 1) On an average day, add up the amount of time you spend together as a family:

- 2) **Be Active!** What portion of your total family time do you spend being active together?

- 3) **Eat Smart!** What portion of your total family time do you spend making meals and/or eating together?

- 4) **Feel Good!** What portion of your total family time do you spend getting together to share your thoughts and feelings?

When you are done, use your answers above to graph, write, or draw a Family Fitness Chart on a separate sheet of paper. Look at the examples below to give you some ideas. When you are done, answer the question below.



| | Hours Spent | | | |
|--------------|-------------|---|---|---|
| Being Active | ✓ | ✓ | | |
| Eating Smart | ✓ | ✓ | ✓ | ✓ |
| Feeling Good | ✓ | ✓ | ✓ | ✓ |

- 5) What do you notice about the portions of time on your Family Fitness Chart?

Now discuss the fitness topics on the next page as a family, writing your notes in the spaces provided.

| Questions for Family Discussion | Notes |
|---|-------|
| <p>Be Active!</p> <ol style="list-style-type: none"> 1) What activities do we enjoy doing together? 2) What are some simple ways that we can move more every day? 3) How can we stay safe while being active? | |
| <p>Eat Smart!</p> <ol style="list-style-type: none"> 1) What meals or snacks do we enjoy making together? 2) How often do we eat meals together? 3) What is our favorite family meal? | |
| <p>Feel Good!</p> <ol style="list-style-type: none"> 1) What's our favorite thing to do together? 2) When do we make time to talk to each other? 3) What do we do to rest and relax? | |

Photo: © Shigeru Bando/Dex Image/Getty Images.

Family Member: When this At-Home Activity has been completed, place your initials and the date in the space to the right.

| |
|----------|
| Initials |
| Date |

On the Move!

Enjoy being active as a family! Think about how much of the day you spend moving, and take a moment to think about what you do to be active—by yourself, and together.

Did You Know?

- Kids need 60 minutes of physical activity most days of the week.
- Adults need 30 minutes of physical activity most days of the week.

Being physically active is good for your body, gives you energy, and can help you feel good. Walking is an easy way to move every day. Imagine how much more active you can be doing other kinds of physical activity.

Now think about how much time you spend each day being active (walking, doing chores, etc.). On a typical day, do you get less or more than your recommended amount of physical activity?

Check the box that best describes your answer.

| | Less | More |
|----------------|------|------|
| Kids | | |
| Parents | | |

If either of you answered “less,” what are some ways in which you can add more minutes of physical activity to your day? _____

If either of you answered “more,” what are you doing and how does it make you feel? _____



Let's Play It Safe!

Think about how your family stays safe while being active. Circle the correct answers below as a family, then use them to remind everyone to play it safe!

True or False?

1) I should wear protective gear (like a helmet) when I ride my bike or go roller-skating.

True **False**

2) When I go for a walk, I should always tell someone where I am going.

True **False**

3) During the day I don't need to pay attention to traffic signs.

True **False**

4) If a stranger approaches me on the street, I should tell someone.

True **False**

5) It's safe to wear headphones while I'm walking down the street.

True **False**



Photos, top to bottom: © Photodisc/Getty Images; © Royalty-Free/Corbis.

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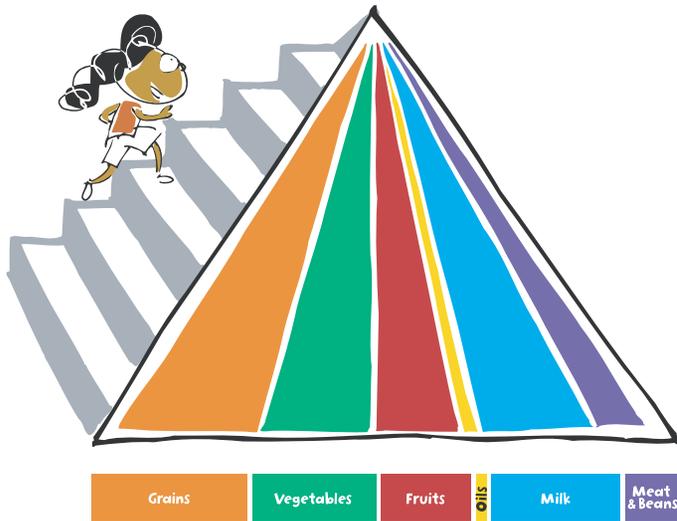
Food Finder!



Food and drinks are primary sources of energy to fuel your body. All foods are fine to eat—as long as you remember to eat with balance, variety, and moderation. Think about the choices you make when deciding what to eat, how much, when, and why. Our bodies tell us when we're hungry and when we're full. It's important to listen to these hunger cues (like stomach growling and low energy).

Search the Shelf!

Kids, use the food pyramid below to share with your parents what you have learned in class about the food pyramid and the major food groups. Talk to your parents about the five major food groups and how to eat smart. Then together take a look at what's inside your refrigerator and on your food shelves. On a separate sheet of paper, make a list of the foods and drinks that you find. Next, match each item with its food group(s). Then answer the questions on the next page.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Questions

1. Which food group had the most and least items?

Most: _____

Least: _____

2. Looking at your list, are there any food groups where you could add more choices? If so, what would you add?

3. What food group is your favorite, and why?

Tips for Eating Smart

- Grab-and-go snacks like fruit, low-fat yogurt, and nuts are quick foods to take on the run.
- Remember, breakfast gets you going in the morning and helps you think more clearly, play longer, and feel good.
- Quench your thirst—choose water, low-fat milk, and low-calorie or no-calorie drinks.
- Eat according to your hunger—it is easier to tell if you are hungry or full when you eat slowly.
- As a family, aim to plan one meal each week and eat together as often as possible.

Photo: © Glowimages/Getty Images

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A New Attitude!

Your personal fitness is connected to how you feel. Being active, enjoying what you do, and having a positive attitude are all parts of feeling good. Whether you are excited, angry, or happy—it's normal to feel a wide range of emotions. Being aware of your feelings and expressing them in positive ways can help you feel good. Getting rest and relaxation each day is also very important for your mind and body. Make sure to take time out for yourself and your family.

Directions

Step 1: Kids, interview an adult family member using the questions below. Write down his or her answers in the space provided on the next page.

Step 2: Have the same adult family member interview you, using the same questions. Have him or her write down your answers in the spaces provided on the next page.

Questions

1. What do you like most about yourself?
2. What do you like most about your family?
3. What are you most proud of?
4. What kind of things do you like to do to feel good?



Photo: © RubberBall Productions.



Family Member's Answers

1. _____

2. _____

3. _____

4. _____

My Answers

1. _____

2. _____

3. _____

4. _____

Photo: © RubberBall Productions.

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The Family Fitness Challenge

Inspire your family to take the Family Fitness Challenge to be active, eat smart, and feel good.

- First, talk with your family and decide on your fitness goals together.
- List them on the lines below.
- Then ask each family member to set a personal fitness goal.

We, the _____ family, pledge to work toward achieving the following family fitness goals together:

Personal Fitness Goals

Name: _____

Fitness Goal: _____

For more family members, write on an additional page.

Family Member: When this At-Home Activity has been completed, place your initials and the date in the space to the right.

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Date