



PASSPORT

TO GROWING UP HEALTHY

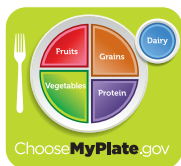
NOTE TO PARENTS

Summer is the perfect time to encourage and grow healthy habits in your child - an abundance of fresh fruits and vegetables, long days filled with sunshine and beautiful weather. What could be better?

This Learn with Heart “Passport to Growing Up Healthy” is your child’s ticket to a fun-filled summer. Use it to encourage your young one to make healthy choices and to stay active. Even better, challenge yourself to a healthy and active summer alongside your child and instill a lifelong commitment to health.

THE CHOICES CHILDREN MAKE NOW MATTER

All food and beverage choices matter, and fruits and vegetables are an important part of those healthy choices. They give children necessary vitamins and minerals that support growth and development – as well as helping their immune system. The amount of fruits and vegetables each child should eat is based on age, gender and level of physical activity. Visit MyPlate at www.choosemyplate.gov to see how your child’s eating aligns with current nutrition recommendations, and download a customized healthy eating plan for your son or daughter. While you are there, download a plan for yourself.



Water, as opposed to sugary drinks, is the best choice of hydration for growing bodies. Every cell, tissue and organ in our bodies needs water. It helps eliminate toxins from the body and regulates body temperature which is important when physically active, especially in the summer.

Too much screen time is associated with higher levels of obesity as well as attention problems. Let’s limit this by encouraging active play instead. Being physically active, as the kids have been learning throughout the school year, is fun. More importantly, though, it helps them sleep better and helps them focus and learn better at school – it brings oxygen to our brains! Activity can also help maintain a healthy weight, both as children and into their adult lives.

HEALTH & WELLNESS CHALLENGE

INSTRUCTIONS

Register your child for the Pulse3 Foundation's Learn with Heart "Passport to Growing Up Healthy" summer program at www.pulse3.org and begin earning points that can be redeemed for incentive prizes.

Fill out the chart on the next pages by putting a check in each box when your child successfully completes the objective for the day: drinking water instead of sugary drinks and juices, eating 5 servings of fruits/veggies (or following your customized food plan created at www.choosemyplate.gov), exercising/being active for 1 hour or more, and/or having less than 2 hours of screen time (television, video games, etc.).

Each check mark that is obtained throughout the summer is worth 1 point.



Earn a point for eating 5 fruit or vegetable servings, or following your customized food plan created at www.choosemyplate.gov



Earn a point for drinking water all day instead of sugary drinks and juices



Earn a point for limiting screen time to less than two hours



Playing outside or being physically active for at least an hour a day earns a point. It does not need to be 60 consecutive minutes.

REWARDS

Redeem your points for incentive prizes. There will be a mid-summer checkpoint at the MidMichigan Children's Museum and a final check-in at the Run for Your Heart Community Races on Saturday, September 9. Every 10 points earns your child a chance to win a new bike and other cool prizes! The drawing will be held at the Run for Your Heart Community Races. Watch your email for additional details.



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TOTAL

JUNE 1 + + + =

JUNE 2 + + + =

JUNE 3 + + + =

JUNE 4 + + + =

JUNE 5 + + + =

JUNE 6 + + + =

JUNE 7 + + + =

JUNE 8 + + + =

JUNE 9 + + + =

JUNE 10 + + + =

JUNE 11 + + + =

JUNE 12 + + + =

JUNE 13 + + + =

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TOTAL

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JUNE 28 + + + =

JUNE 29 + + + =

JUNE 30 + + + =

TOTAL POINTS FROM JUNE = _____

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JULY 3 + + + =

JULY 4 + + + =

JULY 5 + + + =

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JULY 28 + + + =

JULY 29 + + + =

JULY 30 + + + =

JULY 31 + + + =

TOTAL POINTS FROM JULY = _____

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AUG 3 + + + =

AUG 4 + + + =

AUG 5 + + + =

AUG 6 + + + =

AUG 7 + + + =

AUG 8 + + + =

AUG 9 + + + =



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TOTAL

AUG 10 + + + =

AUG 11 + + + =

AUG 12 + + + =

AUG 13 + + + =

AUG 14 + + + =

AUG 15 + + + =

AUG 16 + + + =

AUG 17 + + + =

AUG 18 + + + =

AUG 19 + + + =

AUG 20 + + + =

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AUG 25 + + + =

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AUG 27 + + + =

AUG 28 + + + =

AUG 29 + + + =

AUG 30 + + + =

AUG 31 + + + =

TOTAL POINTS FROM AUGUST = _____

GRAND TOTAL = _____



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