

Dear Parents:

Physical activity is an important part of your child's life; it has a tremendous impact on physical, intellectual and emotional development. As adults, we have a responsibility to be role models for our children, sharing with them the pleasures and benefits of a physically active lifestyle. Developing a love of sports and a habit of regular physical activity as a child can be the foundation for a long, healthy life.

Good nutrition also is important for your child. As with physical activity, you are a role model. When you choose and prepare healthful foods, your child also will be more likely to follow your example. The first step toward helping your child eat a healthier diet is making a variety of nutritious foods readily available at home. That way your child can choose what he or she likes.

Make family meals a priority beginning with breakfast. Breakfast is important because it provides a major part of a child's daily energy supply. Children who eat breakfast are better nourished and are more likely to meet their daily need for certain essential vitamins and minerals than breakfast skippers. Parents should keep an assortment of convenient, nutritious breakfast choices available and within easy reach of their children. The best choices are high-carbohydrate, low-fat foods like cereal or cereal bars, low-fat milk and fruit.

Getting involved in your child's diet and fitness routine will show your support and help foster a great relationship.

This informative booklet was developed in partnership with the President's Council on Physical Fitness and Sports and the Kellogg Company. If you would like more information about exercise for children or fitness testing, please ask your child's teacher. You may also write to the President's Council on Physical Fitness and Sports for additional information.

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