

F.I.T. FOR LIFE

The F.I.T. for Life Project's mission is to educate students on the value of physical activity and healthy eating through fitness, instruction and training.

Healthy Students Learn Better

Spring/Summer 2016

Summertime is the perfect time to boost your efforts in building healthy habits. You can do it! Instead of sleeping in, use the morning hours to go outside when it isn't that hot. Go for a run, take a walk or ride your bike. Have an extra half hour during the day? Plan a few healthy meals for the week.

There are multiple reasons to keep us from eating healthy and being physically active, but the lack of these are a major risk factor of chronic diseases. Eat healthy. Be active. Everyday.

DATES TO REMEMBER

Summer Programming

Middle and High School Students

TRACK CAMP

Monday through Friday

June 6th-June 10th

1:00-3:00

Newport Stadium

BOXING

Monday and Wednesday

June 6th-June 29th

1:00-3:00

Primary School

BASKETBALL

Tuesday and Thursday

June 6th-June 29th

1:00 -3:00

Primary School

OUTDOOR ADVENTURE CLUB

Friday's

June 10th, 17th, 24th, July 1st

9:00-3:00

Meet at the Primary School

Kindergarten through 6th Grade Students

Monday through Friday

June 6th-July 1st

9:00-3:00

Primary School



Taste Testing at the High School

High school students are helping to determine if new menu items will be added to the cafeteria for next school year. Last week they enjoyed sampling variations of chili, cornbread, a barbecue chicken drumstick, broccoli salad, and fruit parfaits. We know that feedback from students is important and could help make the food service program more successful. While trying to create and build healthy habits, it's been discovered that this is a great way to get them interested in trying new foods. Healthy food can taste good!

Did you know you can view what is on the school menu for each day? Also available is the nutrition information for every item. Find it here:

www.newportwildcats.nutrislice.com

To learn more contact lisa.rizzo@newport.kyschools.us or 859-468-1524