

Name: \_\_\_\_\_ Block: \_\_\_\_\_ Date: \_\_\_\_\_

## FITNESS HOMEWORK – Balanced Diet

### ***Did you know????***

#### **Healthy eating tip 1: Set yourself up for success**

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

#### **Healthy eating tip 2: Moderation is key**

People often think of healthy eating as an all or nothing proposition, but a key foundation for any healthy diet is moderation. Despite what certain fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body.

#### **Healthy eating tip 3: It's not just what you eat, it's how you eat**

Healthy eating is about more than the food on your plate—it is also about how you *think* about food. Healthy eating habits can be learned and it is important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids.

#### **Healthy eating tip 4: Fill up on colorful fruits and vegetables**

Fruits and vegetables are the foundation of a healthy diet—they are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants and fiber.

Fruits and vegetables should be part of every meal and your first choice for a snack—aim for a minimum of five portions each day. The antioxidants and other nutrients in fruits and vegetables help protect against certain types of cancer and other diseases.

#### **Healthy eating tip 5: Eat more healthy carbs and whole grains**

Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes. Studies have shown people who eat more whole grains tend to have a healthier heart.

*A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they **will be collected and graded every time**. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.*

**Assignment – Physical – 30 min. Muscular Endurance workout. What did you do? \_\_\_\_\_**

**Parent Signature (Required): \_\_\_\_\_**

**I participated with my child: Yes \_\_\_\_\_ (.5 extra credit) No \_\_\_\_\_**

1. Which fact from above stood out to you? And why?

2. What physical muscular endurance activity benefits you the most and why?

3. Why is it so important to make good choices when planning your meals?