

## PSA for CATCH day #1

Don't forget that today is a CATCH day and we will have special guests visiting your class to talk about ways to be healthy. Do you remember what Go, Slow, Whoa foods are? You can eat Go foods any time, while Slow foods you should eat less often. Whoa foods are good for special occasions. Be thinking of you favorite Go foods and what you will be having for lunch today to talk about with our CATCH teachers. It's important to remember that Go foods and Go activities keep you healthy!

### Newsletter #1:

This week your child was involved in the CATCH (coordinated approach to child health) program. We discussed different ways for your child to stay healthy, such as eating "Go" foods and participating in "Go" activities. The children learned about Go, Slow, and Whoa foods. Go foods are foods that should be eaten most often. These foods are lowest in fat, added sugars, and calories. Some examples of Go foods are fruits, vegetables, whole grains, low-fat dairy products, and lean meats and beans. Slow foods are higher in fat, added sugars, and calories than Go foods so they should be eaten less often. Some examples of Slow foods are canned fruits packed in light syrup, mashed potatoes, refined grains (like white bread), and higher fat dairy and meat products. Whoa foods should only be consumed once in a while because they are very high in fat and/or added sugars as well as being higher in calories. Examples of Whoa foods are canned fruit in heavy syrup, French fries (fried), sugary breads such as donuts, whole milk, and high-fat meat such as hot dogs. Eating healthy is only one aspect of living healthy. Physical activity is also important to keep you heart strong. Go activities include games that get you moving and raise your heart rate. CATCH days will be once a month so keep an eye out for CATCH handouts!

## PSA for CATCH day #2

Don't forget that today is a CATCH day and we will have special guests visiting your class to talk about different ways to be healthy. Being physically active for 60 minutes everyday is a great way to keep your heart healthy. GO activities are any physical activities that exercise your heart. Be thinking of your favorite GO activities to talk about with our CATCH teachers. It's important to remember that GO foods and GO activities keep you healthy!

### Newsletter #2

This month your child was involved in the CATCH (coordinated approach to child health) program. We discussed different ways for your child to stay healthy, such as eating GO foods and participating in GO activities. GO activities are any physical activities that get you moving and raise your heart rate. Running games, riding a bike, jumping rope, ice skating, and building a snowman are all great outdoor GO activities. With fall and winter temperatures getting colder, indoor activities can also be great GO activities. Dancing, playing with a hula

hoop, building a fort, or even housework like vacuuming are some indoor activities that can be done any time. A healthy goal is to aim for 60 minutes of GO activities everyday.

While physical activities are important to keep your heart strong, eating plenty of GO foods is also important to living a healthy life. By eating GO foods and participating in GO activities for 60 minutes each day, you help your body grow strong and stay healthy. CATCH days will be once a month so keep an eye out for CATCH handouts!



### Newsletter #3

Aiming for 60 minutes of physical activity everyday is a great way to stay healthy. GO activities are any physical activities that get you moving and raise your heart rate. Your heart may be thought of as the most important muscle in your body. Just like your other muscles, your heart needs to be exercised to keep it strong. GO activities exercise your heart by making it pump harder and faster. To test if an activity is a GO activity, count your heartbeats for 1 minute by placing two fingers over your pulse or your hand over your heart before beginning an activity. During or after the activity, measure your heart rate again and compare it to before the activity. If your heart rate has increased, your breathing has increased, and/or you began to sweat then your activity is a GO activity.

Eating plenty of GO foods can also help keep your heart healthy since they are low in sodium and fat. Participating in GO activities for at least 60 minutes a day and eating GO foods will keep your heart strong and healthy. CATCH days will be once a month so keep an eye out for CATCH handouts!

**Healthy Heart**



**Healthy You**