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Bayonne Board of Education
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Spring Fitness

Bayonne School District
May 2011



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669 Avenue A
Bayonne, New Jersey 07002

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Dear Parent/Guardian,

Each spring, the Bayonne School District hosts a Spring Fitness Program which is designed to promote healthy eating and physical activities for parents and students.

Physical activity is an integral part of reducing childhood obesity and its harmful effects. As parents, we must help create healthy lifestyles for our children by encouraging exercise and becoming a model for our children. Spring is one of the best times to take advantage of the weather: it has warmed up significantly from the cold winter months; and, exercising as a family will allow you to show first-hand the importance of physical fitness.

According to Healthy Choices-Healthy Kids, Action for Healthy Kids, and Get Fit New Jersey, the following steps can give your child a 'healthy start':

- Set an example by modeling good eating and physical activity behaviors on a regular basis. Children need to be active at least 60 minutes every day.
- Involve the whole family in physical activities.
- Support physical education in schools.
- Encourage schools and communities to provide time for physical activity during the school day.

- Eat 5 or more servings of fruits and vegetables every day.
- Decrease screen (TV/video/computer) hours for all.

May is National Physical Fitness and Sports Month and that is why the Bayonne School District hosts a fitness activity program each year to promote a healthy lifestyle. According to the Centers for Disease Control and Prevention, regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

Fitting regular exercise into your daily schedule may seem difficult at first, but the 2008 Physical Activity Guidelines for Americans are more flexible than ever, giving you the freedom to reach your physical activity goals through different types and amounts of activities each week. It's easier than you think!

I thank you for reading this important health information, and together, we can make a difference by choosing a healthy start for healthy kids and the entire family!

Please note: The Annual Elementary School Track Meet for 7th and 8th grade students will be held on May 24, 2011.

Sincerely,

A handwritten signature in black ink that reads "Patricia L. McGeehan".

Patricia L. McGeehan, Ed.D.
Superintendent of Schools