

SUMMER HEALTHY POINTS TRACKING CALENDAR

Keep track of your daily total health points on this calendar by adding your exercise and healthy eating points after each day. After Aug. 31, return the completed calendar with your contact information, the total number of points you earned and your parent or guardian's signature to **Assemblyman Andrew Raia, 75 Woodbine Ave., Northport, NY 11768.**

July 2011						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Assemblyman Andrew Raia's



Summer Healthy Points Challenge!



ANDREW RAIA
ASSEMBLY

PLEASE PRINT

Name: _____

Address: _____

City/State/Zip: _____

School: _____

Total Points: _____

Your Signature: _____

Parent/Guardian Signature: _____

Phone: _____

Summer 2011

Dear Student,

With the weather warming up and the school year coming to a close, summer is finally here! It's time to get outside, burn that pent up energy and have some good, old fashioned fun. This is why I have put together the Summer Healthy Points Challenge, a fun way to stay healthy and avoid becoming a couch potato.

Eating healthy and exercising helps you look and feel better, and at the same time boosts your self-confidence. The time to start living a healthy lifestyle is while you're young, and it is important to maintain that healthy lifestyle throughout the rest of your life. Heart disease, high blood pressure and diabetes are all serious medical conditions that can result from no exercise and an unhealthy diet.

Every participant in the Summer Healthy Points Challenge will receive recognition in the form of a certificate from the New York State Assembly. Of course, I encourage parents and guardians to be actively involved in this challenge and to be a good model so their children understand just how important it is to live a healthy lifestyle. Parents should be sure to verify the total number of points earned by their child by signing the student information coupon on the back of the challenge brochure and mailing it to my office after August 31.

So have fun this summer. Take advantage of the beautiful Long Island weather and spend some time exercising outside. You can learn to live a healthy lifestyle simply by following the healthy eating and exercise tips that I have outlined inside this brochure.

Good Luck!

Sincerely,
Andrew P. Raia
Assemblyman Andrew P. Raia



MAKING EXERCISE FUN

Exercise isn't just doing push-ups, jogging or lifting weights. It can be anything that increases your heart rate through some sort of physical activity. It can be fun things like playing baseball, taking a walk, playing with your dog, a game of kickball or riding a bike. Exercise helps keep you healthy and fit, and it helps prevent obesity-related diseases as you get older.

SAFE EXERCISE

-  Wear the proper clothing and safety gear that suit the activity
-  Warm up your muscles by stretching and running in place before exercising
-  Make sure you drink enough water to prevent dehydration
-  Cool down after exercising by slowing down your exercise motions
-  Use caution when running, walking or bicycling on roadways
-  Most importantly, make exercise fun!



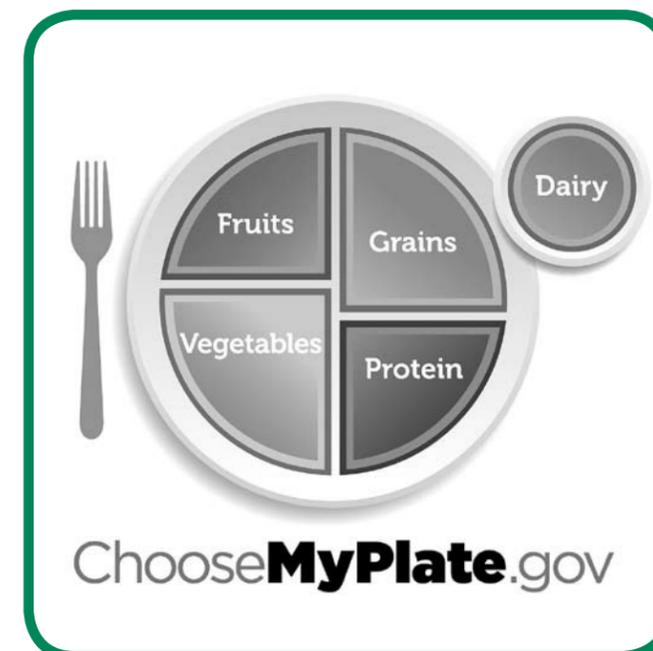
At the end of each day, add up your exercise points and combine them with your healthy eating points for a daily total.

- **Walk for 30 minutes = 2 points**
- **Jog for 30 minutes = 2 points**
- **In-line skate for 30 minutes = 2 points**
- **Ride a bike for 30 minutes = 2 points**
- **Play a sport = 2 points**
- **Stretch your muscles = 2 points**
- **Do push-ups, sit-ups, jumping jacks = 2 points**
- **Wash your family's car = 2 points**
- **Play hide-and-seek or tag = 2 points**
- **Dance to your favorite songs = 2 points**
- **Go swimming (with lifeguard or adult supervision) = 2 points**

For all other activities that make your heart pump harder and muscles work, give yourself 2 points.

INTRODUCING THE NEW "MY PLATE"

EATING HEALTHY FOR LIFE



What is a Healthy Diet?

New dietary guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains and refined grains, and fat-free or low-fat milk and dairy products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

More information and helpful tips can be found at the US Department of Agriculture's website, www.choosemyplate.gov. This is the new site that lists the federal government's dietary guidelines, and it's very useful. I encourage everyone to visit the site to gain a better understanding of how to lead more healthy lives.

Now for the challenge:

Try to eat at least once from all five food groups each day. A well-balanced diet and plenty of exercise will help lead to a healthy lifestyle. The five food groups are milk and dairy products such as cheese and yogurt; meat and meat alternatives such as tofu, peanut butter and eggs; vegetables; fruits; and whole grains and refined grains such as bread, cereal, pasta and rice.

At the end of each day, allot one point for each food group consumed.

- All five groups = 5 points
- Four food groups = 4 points
- Three food groups = 3 points
- Two food groups = 2 points
- One food group = 1 point