



September 2007 Newsletter

School has started in Clay County and so has the Coordinated School Health Program (CSHP). You may ask, “What is a CSHP?” A coordinated school health program model consists of eight interactive components. Schools by themselves cannot and should not be expected to solve the nation’s most serious health and social problems. Families, health care workers, the media, religious organizations, community organizations that serve youth, and young people themselves also must be systematically involved. However, schools could provide a critical facility in which many agencies might work together to maintain the well-being of young people. (www.cdc.gov/HealthyYouth/CSHP) One goal of the Clay County CSHP is to provide a monthly newsletter about fitness and nutrition which will be published in the local newspapers, school newspapers, and uploaded to the Clay County Schools website.

So let’s get started with some nutrition and fitness news. Did you know that September is National Fruit and Vegetables Month? Eating a variety of fruits and vegetables everyday is healthy for you and eating them instead of high fat foods may make it easier to control your weight. How many fruits and vegetables do you need everyday? Girls ages 9-13 need 1 ½ cups of fruit and 2 cups of vegetables, boys 9-13 need 1 ½ cups of fruit and 2 ½ cups of vegetables. 1 cup is equal to 1 large orange, 1 small apple, 1 large ear of corn, or 1 large sweet potato. A ½ cup is equal to 16 grapes, 6 baby carrots, or 4 large strawberries. Need more examples of what a cup or ½ cup looks like? Want to know how many cups you need for your age and gender? Check out the website 5aday.gov for these answers and more information about fruits and vegetables.

People of all ages who are generally inactive can improve their health and well-being by becoming moderately active on a regular basis. Regular physical activity can substantially reduce the risks of strokes, colon cancer, diabetes, and dying from heart disease, the nation’s leading causes of death. How much exercise and what kind do you need? The most basic and easiest, but effective, form of exercise is walking. 30 minutes a day five times a week is beneficial to every one of all ages. Remember insufficient activity is not limited to adults; children of all ages have become less active over the years. Take a look at cdc.gov for more information and statistics about exercise and healthy living. A wise doctor once said, “Which fits into your busy schedule the best, an hour of exercise a day or being dead 24 hours a day”. That is something to ponder.

Hope you enjoy this newsletter and the more to come in the future from the Clay County Schools Coordinated School Health Program. Coordinator, John Denton
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