



Dear Parent or Guardian,

did you know???

- For each hour a day television is watched, the risk of childhood obesity rises by 12%!
- The only fruit or vegetable source for 40% of elementary age students in a recent study was French fries or tomato sauce!
- 70% of our longevity potential is determined, not by our genes, but by our daily choices!

Our class has committed to making healthy changes in our lives that will help us look and feel better. We are taking the **Blue Zones Challenge!** For the next month, your child will be challenged to:

- Improve his/her diet by eating more healthy foods like fruits and veggies.
- Exercise more.
- Spend less time on sedentary activities, like TV.
- Cut down on the amount of sweetened beverages they drink (soda, punch, etc.).

Here's how you can help.

1. Work with your child to record his/her current behaviors for one week (we call it Pre-Challenge Week), using the Blue Zones Challenge Log. You and your child will then complete the Blue Zones Challenge Contract, recording averages of their current behaviors, setting final goals, and creating a plan to meet those goals.
2. For the next three weeks, help your child set smaller weekly goals to successfully meet this challenge and continue to record improvements on the Blue Zones Challenge Logs.
3. When you have finished, record final behaviors on the Blue Zones Challenge Contract and celebrate your success with a fun, healthy reward.

Make sure that you send the completed Blue Zones Challenge Logs and Contract to me, so that we can track our progress online and compare our success to other participating classrooms throughout the country – and the world!

Thanks for supporting your child in this very important effort. I hope that we will all walk away from this experience having made some lasting, healthy changes in our lives.

Good Luck!

Teacher

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