

Dear Educator:

Thanks for joining the SUBWAY RANDOM ACTS OF FITNESS FOR KIDS™ Team!

Whether this is your first or your fifth year with the program, we're thrilled to be your partner in promoting healthy minds and healthy bodies.

Fitness and good nutrition are essential to the physical, cognitive, and social/emotional aspects of a child's development. We all know that a healthy breakfast gives kids strength and stamina to stay focused. New studies on children's brain development show that regular exercise also boosts learning and memory—and that physically fit kids perform better on tests and in school.

However, with things like TV, video games, and computer time occupying more of children's daily life, little is left over for exercise and free, unstructured play—the type researchers say children need the most. That's why we've packed our planner with lots of creative activities and ideas to keep kids focused on fitness, good food, and good fun—365 days a year.

Running, jumping, and playing ball help kids develop physical coordination, strength, and flexibility. Dancing and jumping rope burn calories and keep minds active and alert. Classic games like Tag, Capture the Flag, and Hide-and-Seek are great aerobic workouts and teach kids to take turns, cooperate with others—and get off the couch!

Why EVERY DAY? Because a little bit of fitness every day goes a long way! The latest statistics on childhood obesity are alarming. But that doesn't mean you can't make a difference. Consider this:

Just 12 minutes of exercise a day can make the difference between fit and overweight children.

Just 15 minutes a day can reduce the risk of type 2 diabetes.

By helping kids make healthier choices when it comes to food and fitness, you're teaching them tools for life.

That's what SUBWAY RANDOM ACTS OF FITNESS FOR KIDS™ is all about—making small changes that can add up to big results. The kit includes tips and tools to help kids EAT fit, THINK fit, and BE fit, all while having fun and taking positive steps toward a lifetime of better health.

Best regards,

The SUBWAY RANDOM ACTS OF FITNESS FOR KIDS™ Team



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