

**Don't forget to call...**  
**No olvide llamar...**



**Dear Parent/Guardian:**

It's time for your child's Well Child exam.

- **Please allow at least six weeks for scheduling.**
- Don't forget to state: "I am calling to schedule a **Well Child visit** for my child."
- Please remember to bring your child's immunization (shot) record and any questions or concerns with you to the visit.

**Estimado padre/tutor:**

Es tiempo del Examen de Salud de su hijo.

- **Permita al menos seis semanas para programarlo.**
- No olvide decir: "Llamo para programar un **Examen de Salud** para mi niño."
- Recuerde llevar a la visita el registro de inmunización (vacunación) de su niño y toda pregunta o preocupación que tenga.



## EAT SMART AT BREAKFAST

Breakfast helps you build a stronger body, provides you with fuel to start your day and boosts brain power!

If you eat breakfast you are getting the fuel you need to get through the morning and keep your stomach full.

Students who eat breakfast have shown higher test scores, they miss less school and have more energy to get through the school day.

Eating in the morning helps you focus, solve problems and learn better!

Eating breakfast will give you that boost to get out and have fun with your friends!

### Healthy Breakfast Word Search

N	T	M	I	N	E	R	A	L	T
O	S	N	S	T	T	A	F	X	I
I	A	I	E	J	S	I	X	O	U
T	F	E	R	M	F	O	P	N	R
I	K	T	V	I	Q	X	H	I	F
R	A	O	I	L	A	I	E	M	A
T	E	R	N	K	V	M	A	A	D
U	R	P	G	U	B	J	L	T	W
N	B	T	K	S	Z	S	T	I	I
R	T	P	T	N	P	D	H	V	F

Words: Vitamin, Nutrition, Fat, Breakfast, Health, Protein, Mineral, Fruit, Serving, Milk

## Quick, Easy, Healthy Breakfast Ideas

A Nutritious Breakfast Contains at least 3 of the 5 food groups.

- Peanut butter, toasted English muffin, glass of milk
- Cold cereal, milk, banana
- Heated leftover cheese pizza
- Orange wedges, crackers, cheese
- Wheat toast, yogurt, apple
- Ham and cheese sandwich, glass of low-fat chocolate milk
- Heated leftover macaroni and cheese, apple
- Instant oatmeal, canned peaches, milk

## Healthy Snacks

Snacks are important to help get you through the day too! That little extra boost from a healthy snack can keep your energy going before dinner time. Make snack time even more fun and share with a friend, brother or sister!

Healthy snack ideas that are yummy!

- **Low fat chocolate milk and banana slices rolled in crunch cereal**
- **Whole wheat toast strips dipped in applesauce with cinnamon**
- **Graham crackers dipped in low-fat pudding**
- **Whole wheat toast with peanut butter**

You can get more healthy food ideas and information at: [www.mypyramid.gov/kids/](http://www.mypyramid.gov/kids/)

## WHY IS EXERCISE IMPORTANT?

Exercise is good for everyone. It is important to get 60 minutes of exercise a day. Here are some reasons why:

- It makes your heart healthy. Aerobic exercise gets your heart pumping faster and helps you take in more oxygen.
- It makes muscles strong. You need muscles to do every day activities. Muscle also keeps fat away. Just think of it this way: muscles eat fat!
- Makes you more flexible. Being flexible makes it easier for you to bend and stretch without pain. If you were not flexible, you would not be able to bend over and tie your shoes without going "OUCH!"
- Gives you energy and makes you feel GOOD! Exercise can actually put you in a better mood and make you feel happier



The most important thing to remember is TAKE CARE OF YOUR BODY AND IT WILL TAKE CARE OF YOU!

## Before and After Working Out

Warm up and stretch before working out and cool down after a workout.

- A warm up is any light aerobic or cardiovascular activity. An example is a slow 5 minute jog.
- Stretching is done after you warm up. here are some tips:
  - Make sure to stretch all your muscles.
  - Hold all stretches for 10-30 seconds and NEVER bounce when stretching.
  - Stretch both right and left sides of the body.
  - Stop if it hurts. Only stretch to the point where it feels good.
- Cooling Down for 5-10 minutes after working out will allow your body and breathing to relax and get back to normal. This can be done by walking and stretching.

Following these tips before and after working out will help to prevent injuries and muscle strains.

## Secret Message

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 13 1 8 5 3 1 12 5 11 6 16 11 14 12 2 11 4 16  
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 7 13 15 7 9 9 13 1 8 5 3 1 12 5 11 6 16 11 14

CODE: 1=A 2=B 3=C 4=D 5=E 6=F 7=I 8=K 9=L 10=N 11=O 12=R 13=T 14=U 15=W 16=Y