Wellness Tips

***August 15, 2011***

**Dear Principals:**

As part of RESA 2’s commitment to support the health and wellness of children enrolled in school, we are providing weekly e-mails to equip you with health tips that will benefit students and staff alike.

Every Monday (except for holidays) we will e-mail information about child and staff wellness you can use in newsletters, post on your school web site, etc. These tips will be repeated in the quarterly Wellness Notes newsletter as well.

We appreciate your commitment to address the health and well-being of each student. We hope our efforts will assist you in this endeavor.

For more information on how RESA 2 can help with your school wellness efforts, contact:

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**Top Nutrition Tips**

**For Student Athletes**

1. Make sure children drink enough fluids. Children are more likely to suffer from heat illness when exercising in the heat. Have athletes drink according to a schedule.
2. Optimize muscle recovery by encouraging the athlete to eat high carbohydrate snack within 30 minutes after exercise. Remember pre-exercise meals to prevent hunger and to supply energy to athletes' working muscles. Athletes should have the following the night before competition and 2 hours before exercise: focus on carbs, moderate protein, low-fat foods and fluids (pasta with veggies and chicken, fruit, milk, cereal, yogurt, toast, juice).
3. Target carbohydrates for energy – carbs are the main energy source for athletes’ bodies.
4. Protein's the building block – protein helps build muscle and fight infection.
5. Don't forget some fat -- a high-fat diet is not healthy, but neither is a zero-fat diet.
6. Keep kids' fuel tanks filled -- In addition to healthy meals, parents or the school should provide healthy snacks before and after exercise; this should include high-carbohydrate, moderate protein, low-fat snacks such as granola bars, energy bars, pretzels, trail mix, fruit, peanut butter and crackers, bagels, and fluids.
7. Variety is the spice of life -- are your athletes eating the same foods day after day? They're probably missing out on important nutrients be different try new foods and recipes.
8. Have parents get kids energized – the best balance for active kids: 50-55% of calories from carbohydrates, such as bread, cereal, rice and pasta; 10-15% from protein food like meat, poultry, fish, dry beans and nuts;
9. and 25-30% from fats such as oils and sweets.

Source: http://www.momsteam.com/nutrition/top-ten-nutrition-tips-for-active-kids