

## Fit Kids Back to School Activities

September is a busy month for everyone as children head back to school. It's time to think about getting the new year off to a good start by encouraging your school to participate in some of the local and national activities promoting healthy eating and physical activity that are planned for the fall. Following are brief descriptions of these events and where to go for more information.

### **Turn Off TV Week** – September 20 - 26, 2009

The New York State Department of Health Obesity Prevention Program and the Center for Screen-Time Awareness (CSTA), announce the third annual Statewide Turnoff Week. New for 2009, National Turnoff Week is being conducted two times a year, April and September. Turnoff Week is a great opportunity for schools and PTAs to work with children and their families to find fun, active alternatives to hours in front of a screen. The CSTA gives a 20% discount to New York residents interested in purchasing items from their website, <http://www.screentime.org/>.

### **Fruits & Veggies - More Matters Month** - September

September is the time when CDC joins other public and private organizations to promote eating fruits and vegetables for better health. CDC has developed a kit, *Explore the World with Fruits and Vegetables*, for teachers and professionals to use with children to spark their interest in fruits and vegetables. Cuisines from different parts of the world are explored and activities are provided for use in geography, math, and social studies classes. The kit includes a guide, poster, recipe cards for adults and children, worksheets, and a brochure.

Toolkit: <http://www.fruitsandveggiesmatter.gov/publications/index.html>

Website: <http://www.fruitsandveggiesmatter.gov/spotlight.html>

### **New York Harvest for New York Kids Week** – October 5 - 11, 2009

This celebration is an opportunity for schools, families and communities to learn about New York agriculture, enjoy locally-grown foods, and to inspire healthy food choices. During this week, many schools feature NY farm products on their menus, classrooms participate in taste tests, students visit farms and farmers' markets, or harvest their school gardens. Visit [http://www.prideofny.com/farm\\_to\\_school.html](http://www.prideofny.com/farm_to_school.html) for more information, resources, and tips for planning your school's event.

### **International Walk to School Month** – October, 2009

International Walk to School Month gives children, parents, teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. For

schools that cannot devote a full month to this activity, note that **International Walk to School Day is October 7, 2009**. Students, parents and teachers can meet at a designated location close to the school and walk the remaining distance together. Some schools organize monthly walk to school events for the remainder of the school year. Visit <http://www.walktoschool-usa.org> for more information or to register your school.

### **Walkathons**

You can walk for fun and fitness and support a worthy cause this fall. See the list below and organize a school team.

- **MHA on the Move** – Saturday, September 26. FDR Park, Yorktown Heights. The Mental Health Association's 5K run/walk and 1-mile children's race. Constance Moustakas, 345-5900, ext. 209; [moustakc@mhawestchester.org](mailto:moustakc@mhawestchester.org)
- **Westchester County Start! Heart Walk** – Sunday, October 4. Kensico Dam, Valhalla. Registration: 9 am. Walk: 10 am. The American Heart Association's national 5K walk featuring a Health and Fitness Expo, Kids Zone, presentations on healthy lifestyle options, and Westchester County's Safe Child ID Card program. Call (914) 640-3274 or visit [www.westchesterheartwalk.org](http://www.westchesterheartwalk.org) for more information
- **Walk to Cure Diabetes** – Sunday, October 18. White Plains High School, 550 North Street. Registration 8:30 am. Walk 9:30 am. The Juvenile Diabetes Association's 3-mile family-friendly walk featuring entertainment, food, and a carnival for children with face-painting and relay races. Call (914) 686-7700 or visit <http://www.jdrf.org/westchester>
- **Harry Chapin Memorial Run Against Hunger** – Sunday, October 18. Croton Harmon High School, Croton-on-Hudson. Fun Run: Noon. 10K (6.2 mile) Race: 12:30 pm. A one-mile Fun Run for children and parents. Walkers are welcome. All finishers receive a medal. Entertainment and refreshments. [www.runagainsthunger.com](http://www.runagainsthunger.com)
- **Making Strides Against Breast Cancer** – Sunday, October 18. Manhattanville College, Purchase. Registration: 8:00 am, Opening Ceremony: 9:00 am. Walk can be started any time between 9:30 – 10:30 am. The American Cancer Society's 5 mile walk. Children and strollers are welcome. Call (800) ACS-2345 or visit [www.cancer.org/stridesonline](http://www.cancer.org/stridesonline).
- **Walk for Diabetes** – Sunday October 25. Downtown White Plains (Court and Main Streets). Registration 8:30 am. Walk 10 am. Join White Plains Mayor Delfino for the American Diabetes Association's 3 mile walk through downtown White Plains. The day's events include entertainment, snacks, nutrition education and information about managing diabetes. <http://stepout.diabetes.org/>

### **Fit Kids**

Visit the Fit Kids website at <http://www.westchestergov.com/health/fitkids.htm> to learn about events held throughout the year to promote healthy lifestyles and to see what Westchester County Fit Kids schools are doing.

Please call the Westchester County Department of Health at (914) 813-5000 for more information about Fit Kids.