

Keep track of your daily total health points on this calendar by adding your exercise and healthy eating points each day. After Aug. 31, return the completed calendar with your contact information, the total number of points you earned, and your parent or guardian's signature to Assemblyman Andrew Raia, 75 Woodbine Avenue, Northport, NY 11768.

# Summer Healthy Points TRACKING CALENDAR

JULY 2019						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST 2019						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*(Please Print)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

School: \_\_\_\_\_

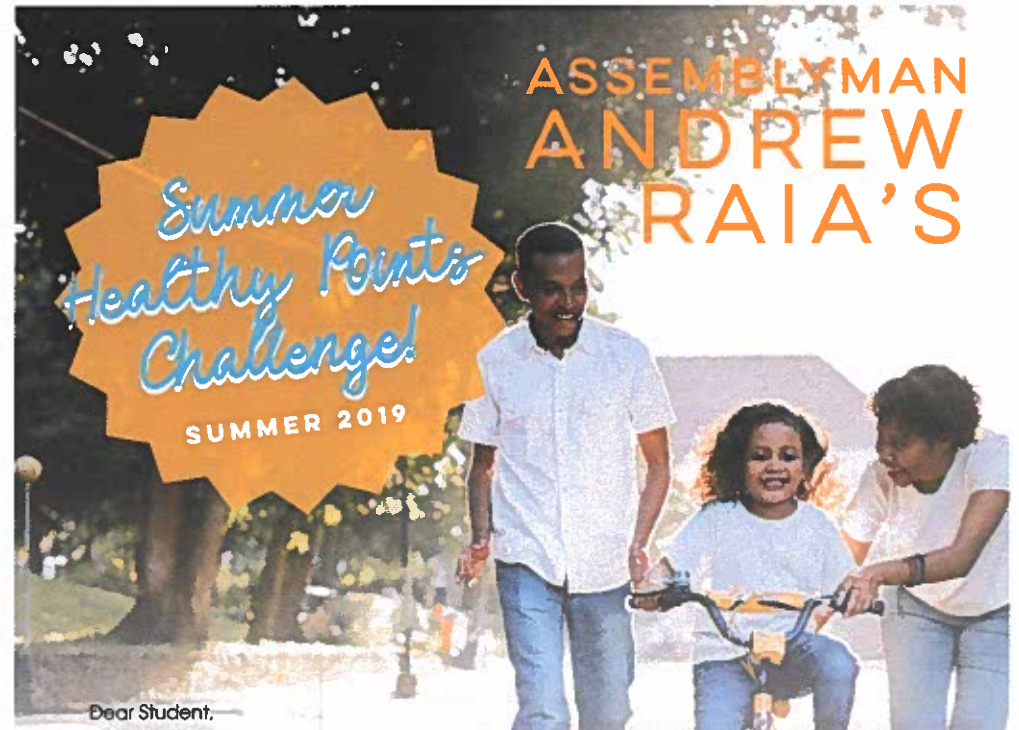
Total Points: \_\_\_\_\_

Your Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

**ANDREW RAIA**  
**ASSEMBLY**

*Amme  
6/7/19*



Dear Student,

With the weather warming up and the school year coming to a close, summer is finally here! It's time to get outside, burn that pent up energy, and have some good, old fashioned fun. This is why I have put together the Summer Healthy Points Challenge, a fun way to stay healthy and avoid becoming a couch potato.

Eating healthy and exercising helps you look and feel better, and at the same time boosts your self-confidence. The time to start living a healthy lifestyle is while you're young, and it is important to maintain that healthy lifestyle throughout the rest of your life. Heart disease, high blood pressure and diabetes are all serious medical conditions that can result from no exercise and an unhealthy diet.

Every participant in the Summer Healthy Points Challenge will receive recognition in the form of a certificate from the New York State Assembly. Of course, I encourage parents and guardians to be actively involved in this challenge and to be good models so their children understand just how important it is to live a healthy lifestyle. Parents should be sure to verify the total number of points earned by their child by signing the student information coupon on the back of the challenge brochure and mailing it to my office after August 31.

So have fun this summer. Take advantage of the beautiful Long Island weather and spend some time exercising outside. You can learn to live a healthy lifestyle simply by following the healthy eating and exercise tips that I have outlined inside this brochure. Good Luck!



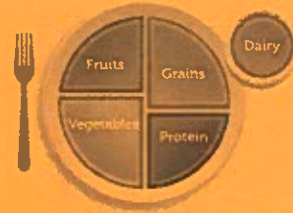
Sincerely,  
*Andrew P. Raia*  
Assemblyman Andrew P. Raia

APPROVED FOR DISTRIBUTION

JUN 07 2019

DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS

# Eating Healthy FOR LIFE



Choose **MyPlate**.gov

## ► What is a Healthy Diet?

New dietary guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains and refined grains, and milk and dairy products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

More information and helpful tips can be found at the US Department of Agriculture's website, [www.choosemyplate.gov](http://www.choosemyplate.gov). This is the new site that lists the federal government's dietary guidelines, and it's very useful. I encourage everyone to visit the site to gain a better understanding of how to lead more healthy lives.

## MAKING EXERCISE FUN

Exercise isn't just doing push-ups, jogging, or lifting weights. It can be anything that increases your heart rate through some sort of physical activity. It can be fun things like playing baseball, taking a walk, playing with your dog, a game of kickball, or riding a bike. Exercise helps keep you healthy and fit, and it helps prevent obesity-related diseases as you get older.

### Safe Exercise

- Wear the proper clothing and safety gear that suit the activity
- Warm up your muscles by stretching and running in place before exercising
- Make sure you drink enough water to prevent dehydration
- Cool down after exercising by slowing down your exercise motions
- Use caution when running, walking, or bicycling on roadways
- Most importantly, make exercise fun!

## NOW FOR THE CHALLENGE!

Try to eat at least once from all five food groups each day. A well-balanced diet and plenty of exercise will help lead to a healthy lifestyle. The five food groups are milk and dairy products such as cheese and yogurt; meat and meat alternatives such as tofu, peanut butter and eggs; vegetables; fruits; and whole grains and refined grains such as bread, cereal, pasta, and rice.

At the end of each day, add up your exercise points and combine them with your healthy eating points for a daily total.

WALK FOR 30 MINUTES	→ 2 POINTS
JOG FOR 30 MINUTES	→ 3 POINTS
IN-LINE SKATE FOR 30 MINUTES	→ 2 POINTS
RIDE A BIKE FOR 30 MINUTES	→ 2 POINTS
PLAY A SPORT	→ 3 POINTS
STRETCH YOUR MUSCLES	→ 1 POINT
DO PUSH-UPS, SIT-UPS, JUMPING JACKS	→ 2 POINTS
WASH YOUR FAMILY'S CAR	→ 2 POINTS
PLAY OR RUN AROUND	→ 2 POINTS
DANCE TO YOUR FAVORITE SONGS	→ 1 POINT
GO SWIMMING (with lifeguard or adult supervision)	→ 2 POINTS

At the end of each day, allot one point for each food group consumed.

ALL FIVE GROUPS	→ 5 POINTS
FOUR FOOD GROUPS	→ 4 POINTS
THREE FOOD GROUPS	→ 3 POINTS
TWO FOOD GROUPS	→ 2 POINTS
ONE FOOD GROUP	→ 1 POINT

► FOR ALL OTHER ACTIVITIES THAT MAKE YOUR HEART PUMP HARDER AND MUSCLES WORK, GIVE YOURSELF 2 POINTS.

