

Eat Right, Play Hard Challenge 2009-2010

March-April

March - Healthy Lunch Day/Week

Students score their lunches to see how healthy they are! Students who meet the guidelines get a certificate.

You can schedule Healthy Lunch Day for one day or one week. Schedule a different day for each grade if that makes it easier. Students who choose to participate have their lunches graded and if they meet the criteria, they get a certificate.

If you would like to have someone from the Department of Health Services come and grade the lunches, please call as soon as possible. We will make every effort to have someone come to your school, one day per school.

The following materials are included to help you with this event:

- a flyer announcing the days and explaining the procedure.
- a letter to send home to the parents that includes the criteria that will be used to score the lunches.
- a criteria checklist - just check the lunch and add the points!
- a sample certificate for students who meet the criteria.

In order to make this challenge easier to tailor to the needs of each school, the materials are all posted on the Department's website, www.bergenhealth.org, as Word documents. Click on the "Health Promotion" button in the left-hand column of the homepage. If you prefer, contact me and we will personalize them for your school and students.

If you would like color copies of the flyer or the certificate, call 201-634-2709 or email me at mdoremus@co.bergen.nj.us. Please give me as much lead time as you can!



April - Exercise Challenge

Roll dice once to pick an activity and once to determine the number of replications. Just keep going for as long as you have time! You can divide the students into two teams and see which one completes the most challenges in the time that you have. In this challenge, everyone is a winner.

Use two dices to determine the number of replications. Use one dice to determine which activity the student is to complete. Make a poster with the numbers and the activities so they can all see. Activities can be selected that take little or no equipment. Examples of activities include:

1. **jumping in place** - Standing in one spot, jump as high as you can. Try to jump a little higher with each replication.
2. **toe touching** - While seated on the floor, extend both legs in front of you. Keep your back straight and reach for your toes with both hands without bouncing. Do not bend your knees. Hold this stretch for 10 to 30 seconds.
3. **reach to the sky** - Stand with feet shoulder-width apart. Raise both arms overhead so that your hands are intertwined with palms together. Hold for 10 to 30 seconds and relax.

4. **arm circles** - stand with feet shoulder-width apart and hold arms straight out to the side with your palms facing up. Start moving your arms slowly in small circles and gradually make larger and larger circles. Come back to the starting position and reverse the direction of your arm swing. (One replication is one circle forward and one backward.)
5. **brisk walking** - mark off a distance on the floor and walk briskly to the end point and back. Try to walk slightly faster with each replication.
6. **jump rope** - depending on the age of the children, one replication might be more than one jump.

If you want to use 2 dice for activities, the *as if* activities from the December 2009 challenge would work.

HERE'S HOW YOUR SCHOOL EARNS A

“We Met the Challenge!” PLAQUE

1. Your school must participate in a minimum of 6 events.
2. Complete the Participation Form each time you complete an activity. The Form is available online at www.bergenhealth.org.
3. Return it after you complete each activity to:
Marge Doremus, PhD, RD
Bergen County Department of Health Services
327 E. Ridgewood Avenue
Paramus, NJ 07652
FAX: 201-986-1068
4. Everyone who participates receives a certificate and will be honored at an awards ceremony at the end of the school year.

Please contact me at mdoremus@co.bergen.nj.us or 201-634-2709 if you have any questions, comments or concerns.

COUNTY OF BERGEN

Dennis McNerney
County Executive

Board of Chosen Freeholders

Department of Health Services
201-634-2600 • www.bergenhealth.org