



### **Just Be It! Healthy and Fit**

This material correlates to State of New Mexico Public Education Department Health Education Content Standards, Bench-marks and Performance Standards.

**Standard 1**—Students will comprehend concepts related to health promotion and disease prevention.

**Standard 2**—Students will demonstrate the ability to access valid health information and health-promoting products and services.

**Standard 3**—Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

**Standard 4**—Students will analyze the influence of culture, media, technology and other factors on health.



**Standard 5**— Students will demonstrate the ability to use interpersonal communication skills to enhance health.

**Standard 6**—Students will demonstrate the ability to use goal-setting and decision-making skill to enhance health.

**Standard 7**—Students will demonstrate the ability to advocate for personal, family, peer, and community health.

### **Special thanks to our supporters and donors:**

- Bernalillo Public Schools
- Española Public Schools
- Los Alamos County
- NM Beef Council
- New Mexico State University's Children Youth & Families at Risk Program
- Power Panther—USDA Food & Nutrition Service
- Rio Arriba County MCH Council
- Santa Fe County
- Santa Fe Public Schools

# JUST BE IT!

## Healthy and Fit



### **A Nutrition & Fitness Field trip for 5th-Grade Students**



*New Mexico State is an affirmative action, equal opportunity employer and educator. New Mexico State University and the U.S. Department of Agriculture cooperating.*



New Mexico State University's Cooperative Extension Service & 4-H

# Just Be It! Healthy and Fit.....

## Why should your school and students participate?

- Students participate in four 30-minute workshops. Each workshop is aligned to the New Mexico Health Education Standards and Benchmarks.
- Each student will take home a student-parent handout. This handout contains information and activities to reinforce the workshop topics, including recipes, games and exercise logs.
- The Just Be It! Healthy and Fit curriculum, additional health and nutrition resources, and information on how to access support from the Cooperative Extension Service will be provided for each classroom teacher.
- This program is free! Speak with your local Extension contact regarding transportation and meals.
- Each classroom will be provided with an exercise kit containing a fun activity instruction book, jump ropes, frisbees, exercise bands, and hula hoops. To receive their free exercise kit, teachers must complete the program evaluation process.

## Participate in four workshops

### MyPyramid—New Nutrition Guidelines

Focuses on introducing students to the new MyPyramid system, and illustrates what a serving size is within each food group. There will be discussion on how the nutrients affect our bodies and contribute to good health.

### Making Healthy Snack Choices

Students will learn how to develop decision-making skills by learning about what constitutes a healthy snack. Students will participate in a consumer activity where they are asked to rank a variety of snack items based on “healthy snack” standards.

### Power Up with Exercise

Young people need a minimum of 30 minutes of physical activity each day to maintain good health. In this workshop, students will learn to “Move More. Sit Less.” by participating in fun physical activities.

### Set Your Sights—Goal Setting

What is a goal? This workshop focuses on defining a goal and the purposes of a goal in making behavioral changes. The SMART system [small, measurable, appropriate, realistic, timely] for successfully meeting goals will be discussed. Students will participate in an exercise-oriented, goal-setting activity.

## Locations

### Los Alamos County

Tuesday, Sept. 27, 2005  
Fuller Lodge & Los Alamos Community Building  
Morning session—Barranca and Piñon  
Afternoon session—Aspen, Chamisa, Mountain

**Contact:** Paula Roybal Sánchez  
Extension Home Economist/4-H Agent  
(505) 662-2656, paulas@nmsu.edu

### Rio Arriba County

Thursday, Sept. 22, 2005  
Espanola Middle School East  
Morning session—Espanola and Fairview  
Afternoon—Hernandez, San Juan, Sombrillo

**Contact:** Roberta O. Rios, Home Economist,  
robrios@nmsu.edu or Desaree Whitfield-  
Jimenez, 4-H Agent, deswhitf@nmsu.edu,  
(505) 685-4523

### Sandoval County

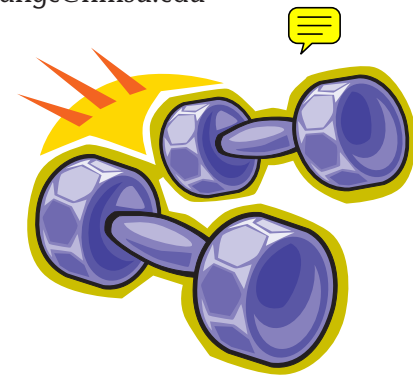
Tuesday, Sept. 20, 2005  
Location: TBA

**Contact:** Leslie Moorman  
Extension Home Economist  
(505) 867-2582, lesliet@nmsu.edu

### Santa Fe County

Wednesday, Sept. 28, 2005  
Santa Fe County Fair Grounds, Rodeo Road

**Contact:** Jacqueline S. Baca, Extension  
4-H Home Economist, (505) 471-4711,  
jhange@nmsu.edu



A fun, hands-on nutrition and fitness field trip for 5th-grade students.