

# Martinsville City Schools

## The Nurses' Corner

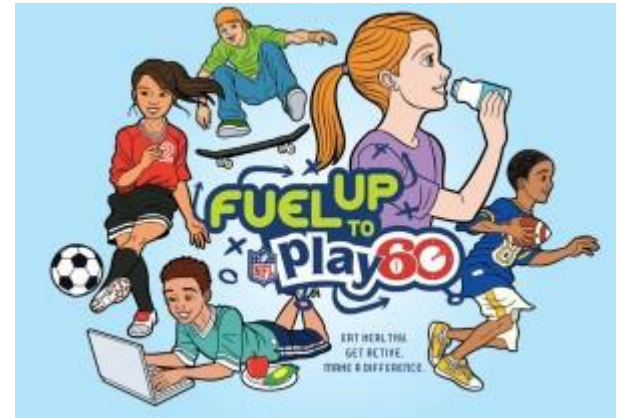


It is springtime! Children can now spend more time outside! Encourage your child to stay healthy by being active and eating the right things! Enjoy the season! ~ MCPS School Nurses



### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



For kids and teens (that's anyone between 6 and 17 years), your goals are:

**Physical activity:** You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).

**Healthy eating:** Each week, you'll also focus on a [healthy eating goal](#). There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

### What activities do you enjoy?



For adults (that's anyone aged 18 and older), your goals are:

**Physical activity:** You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).

**Healthy eating:** Each week, you'll also focus on a [healthy eating goal](#). There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.