

SPJST March Vestnik Project - You Are What You Eat and What You Do

This project earns a maximum 1 point in the SPJST Youth Clubs Merit Points System. Mail completed project no later than April 10, 2009 to:
SPJST Youth Program c/o SPJST Home Office • P.O. Box 100 • Temple, Texas 76503

Name _____ Age _____ Lodge _____

You Are What You Eat and What You Do

March is National Nutrition Month. Exploring ways to achieve a healthier lifestyle would be an excellent topic to play up at your March youth club meeting. Sponsored by the American Dietetic Association, the theme for March 2009 is “Eat Right.”

What can you do, when it comes to taking charge of your health? If you're a young person who wants to be fit, here are five rules to live by: *The trick is to follow these rules most of the time, knowing that some days — like your birthday — might call for cake and ice cream!*

1. Eat a variety of foods, especially fruits and vegetables. You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, are more pleasing the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

2. Drink water and milk most often. When you're really thirsty, cold water is the No. 1 thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. Aim for 3 cups of milk per day, or its equivalent. You probably will want something other than milk or water, so it's OK to have 100 percent juice, too. Limit sugary drinks, like sodas, juice cocktails, and fruit punches.

3. Listen to your body. When you're eating, notice how your body feels and when your stomach feels comfortably full. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

4. Limit screen time. That's the amount of time you spend watching TV or DVDs, playing video games and using the computer. The more time you spend on these activities, the less time available for active stuff, like basketball, bike riding, and swimming.

5. Be active. Not everyone loves baseball or soccer. Maybe your passion is jog-



A Healthy Mind in a Sound Body

Staying in shape is nothing new. The development of gymnastics in the Czech lands as well as the U.S. is closely connected with the activities of the Czech Sokol movement founded in 1862, on the principal of “A healthy mind in a sound body.”

ging, tennis or dancing. Find ways to be active every day.

Eating right and staying active is a goal shared in many parts of the world — including the Czech Republic. In recent years, Czechs have decided to wage an aggressive battle against weight problems. Many of them have taken a liking to going to work by bike, on rollerblades or by foot.

Whether it be on account of health, fitness or simply fun, more and more Czechs are regularly going to gyms and fitness centers. As a result, wellness and fitness centers are sprouting up all over the country. Czechs also enjoy getting their exercise in the outdoors. In addition to the already familiar pursuit of jogging, a new breed of athletes has emerged. Carrying poles, they call themselves Nordic walkers.

The Czech Republic is also slowly becoming a nation of cyclists. Mountain bike races for the general public are gathering quite a following, while the starting lists for bicycle marathons often include thousands of participants. In-line skating has also become a very popular sport and facilities for the sport are also being built.

After reading the March Vestnik Project, list three things that you can do now in order to lead a more healthy lifestyle.

1. _____
2. _____
3. _____