



**Snacks** - Along with learning how to pace our running and walking speeds to make the distance, Fit Kid club members are also learning about healthy eating choices. ***Our overall fitness is 80% what we eat and 20% exercise.*** Foods produced in nature are the best food options for our health. Please help your child by providing a nature made snack each day, but especially on Tuesdays when we meet after school.

**Hydration** – Water consumption is essential for our health. It is recommended that we drink half our body weight in ounces each day – ***45 pound child should be drinking about 23 ounces of water each day.***

On the reverse side we have provided you with a conversion chart from the 100 Mile Club organization. The punch cards can be used to track activity done while at home.

Wishing you Health and Happiness,

Fit Kid Coaches