

# GREAT THE BODY SHOP

Come in and learn about your body!

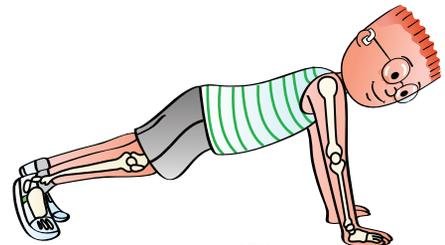
FAMILY CONNECTION

Hello Boys and Girls,

I hope you are all well and enjoying time with your families! I'd like you to think about the activities you have shared over the past several weeks: did any of your activities promote a healthy lifestyle? I bet some of them did! Over the past month we have discussed lots of ways to be healthful, including frequent handwashing, good sleep habits, and a proper diet. We also talked about coping mechanisms. As you might remember, Simon, Willie and Mary's coping mechanisms all involved moving their bodies in different ways. They were all exercising, which is an important part of caring for your great body.



Exercising helps your body in many ways. Physically, it strengthens your heart and your bones. It also builds muscle and burns fat. Finally, exercising releases a hormone called endorphins, which can lift your mood and help you cope better with stress. Kids should get approximately 60 minutes of moderate exercise every day. It is possible that you are not able to exercise in the same way that you were used to, especially if your exercise revolved around group sports or playgrounds. You still have plenty of options though!



**Outside:** Running, bike riding, skating, shooting hoops and walking are all examples of great outdoor activities. Though all exercise is good, exercising outdoors has many extra benefits. The sun provides us with vitamin D, which is important for bone health. Sunshine can also improve your mood. Remember to apply sunscreen before you go out. The sun might not seem very strong right now, but you can still get a sunburn!



**Inside:** There are plenty of ways to exercise indoors as well. You can dance, practice yoga, or do floor exercises such as push-ups and sit-ups. Many organizations are also offering free zoom classes in everything from aerobics to martial arts. What if you don't like structured exercise? No problem! You can get a workout simply by walking up and down a flight of stairs for a period of time.



How are you and your family moving your bodies? Dr. Thea and I would love to hear all about it! You can write to us at:

P.O. Box 7294 Wilton, CT 06897 or email [DrSmartstuff@TheGreatBodyshop.net](mailto:DrSmartstuff@TheGreatBodyshop.net). Be sure your first name, grade, school, and school address are included.

Dr. Smartstuff



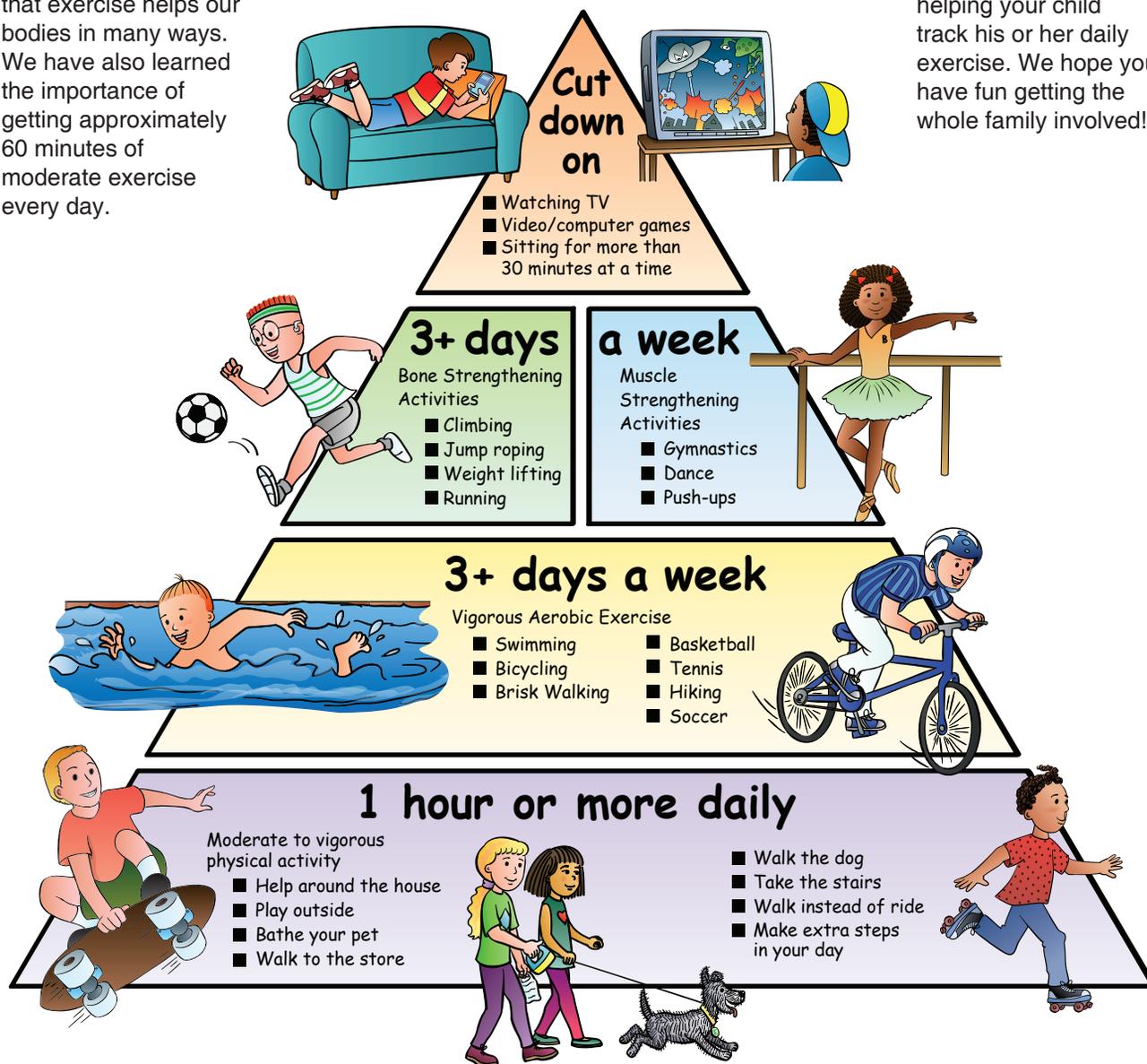
# THE GREAT BODY SHOP

The Children's Health Market, Inc.

## Dear Families/Guardians:

In THE GREAT BODY SHOP, we learned that exercise helps our bodies in many ways. We have also learned the importance of getting approximately 60 minutes of moderate exercise every day.

Please help reinforce this message by helping your child track his or her daily exercise. We hope you have fun getting the whole family involved!



## My Daily Exercise

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Today I .....							