



The Committee of Interns and Residents/SEIU (CIR) is thrilled to offer our new and improved **Family Health Challenge** (FHC) program at your child's school. CIR is a national union representing over 30,000 resident physicians across the country. Over the next few weeks, doctors from CIR will visit your child's classroom to introduce them to a set of skills to help them feel strong and vibrant. These small steps include habits that will lead them to make healthier choices with food and drink, incorporating more movement into their lifestyle, and feeling empowered to feel healthy no matter their circumstances. We partnered with Hip Hop Public Health to make the sessions more interactive for students. Please visit their website at www.hhph.org/work/learning-studio/h-y-p-e-breakin-it-down to view a collection of 2-minute hip hop activity breaks designed to energize, invigorate and motivate.

Below are the weekly lessons with a brief description of each. Some lessons include a giveaway to help your child succeed with the weekly challenges.

- **Week 1: Let's Build a Healthy Community**
 - We will talk about taking tiny steps to achieve big things - both in health and in our communities.
 - Students will receive Family Health Challenge water bottles as a small way we can make a big difference in our day.
 - Students will also receive crayons for activities throughout the program.
- **Week 2: Chase the Rainbow**
 - We will talk about the importance of fruits and vegetables for our bodies.
 - Students will receive fun stickers representing fruits and vegetables.
- **Week 3: Eat Whole Grains and Protein**
 - We will talk about the other parts of a healthy plate - whole grains and protein. We will discuss what each does in the body and why we need them.
 - Students will receive a portion plate divided into 3 portions.
- **Week 4: Stay Alert to Sugar and Salt**
 - We will talk about the importance of sugar and salt and what each does in our bodies. We will also talk about why we should be extra mindful of foods that contain a lot of sugar and salt.
- **Week 5: Let's Get Moving**
 - We will talk about movement as a way to feel good and strong. We will discuss the changes we can see in our bodies during movement.
 - Students will receive a jump rope to encourage children to add more physical activity to their day.
- **Week 6: Eat to Enjoy Your Life**
 - We will talk about ways to eat more mindfully, specifically paying attention to our bodies signals for more or less food.
 - Students will receive a Family Health Challenge apron to encourage children to be advocates for healthy food.
- **Week 7: Ask Me About FHC**
 - We will review everything we have learned and show students how far they've come with their small daily steps.
 - Students will receive a Family Health Challenge tote for completing the 7-week challenge.

We hope we can support you and your family on this journey to making healthier choices each day. Thank you!

Sincerely,

Family Health Challenge
Committee of Interns and Residents/SEIU