

The Pathway to Health

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Trenton Middle School

Trenton, Missouri

Nutrition and Wellness

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IDENTIFY CONCERNS



Students aren't eating healthy, getting enough sleep, eating balanced meals.
Kids eat too much junk food, they are not getting enough sleep, and not drinking enough water.

SET A GOAL



Improve overall health of our subject by utilizing the nutrition and wellness information that we have learned and set goals for her that she can attain in the near future.

FORM A PLAN *(Who, What, When, Where, How, Cost, Resources & Evaluation)*



Who – Ahlanna and Barbara

What The plan is to improve Barbara's current nutrition and wellness from poor to healthy.

When – from December to January 15

Where - home and school

How – Research good nutrition habits and put them into practice

Evaluation – See if Barbara feels more energetic and healthy. We understand that this may take a while.

ACT



Act- We looked at Barbara's past information and researched what should change. Then Barbara started tracking what she was eating so then after we decided the main concerns of her nutrition and wellness we planned to improve it and set the goals. We made up a plan of good nutritious food that you could eat and a schedule of exercising and sleep.

FOLLOW UP



We would like to thank those who helped us with our project. Next year we will start earlier and try to be more faithful to the work times that are available with our teacher. We have learned a lot and have enjoyed this STAR Event.



EVIDENCE OF PROJECT SUMMARY SUBMISSION

Thank you for completing the project summary form for your STAR Event. To receive the point for submission, print this email and have your adviser verify by signing and dating below for including in a display, file folder, or portfolio. One survey per entry is required.

Chapter Name: Trenton MS - 13790

State: Missouri

Members: Barbara Eugenio, Alhanna Millazo

Event Name: Nutrition and Wellness

Level: Level 1 (through grade 8)

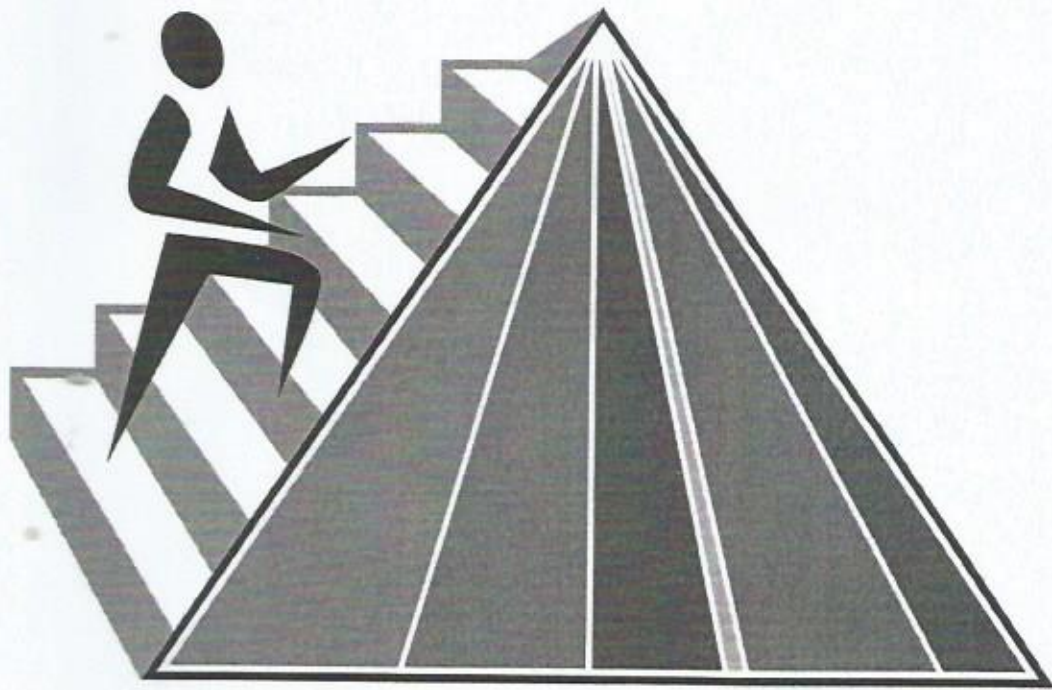
Adviser's Signature

Suzi Beck

Date

1-14-2020

Subject Profile



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Student Profile

Barbara - Age 12 - Female

Normal Previous Meal Pattern - she would continue to snack and eat unhealthy things

Normal Previous physical activity pattern - she would only get exercise during school gym

Normal previous sleep pattern - she would get maybe 7 to 8 hours at the most

Normal previous snacks and times of snacks - donuts, sugary processed things morning, after school, and at night

Normal previous social media/ technology usage/ tv - 8 to 12 hours of screen time a day

Past history

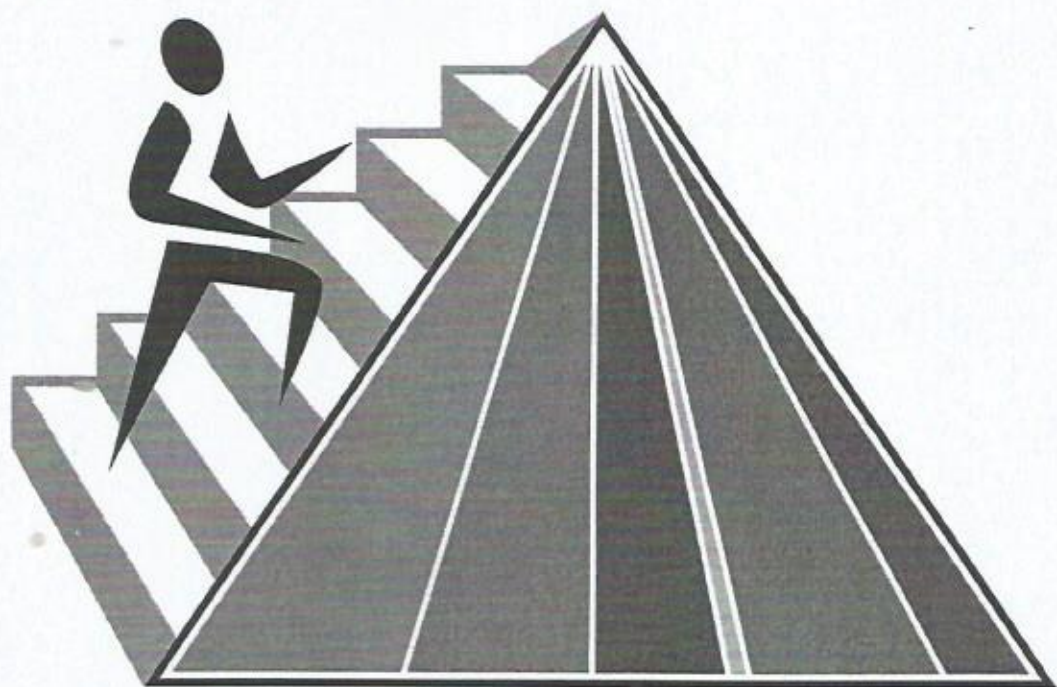
Barbara used to overeat and snack a lot. She ate too much sugar and sometimes lacked eating balanced meals. Due to Barbaras over snacking she ate a lot of processed things instead of her cooked meals. Her wellness used to be nonexistent. The only exercise she got was her PE class every other quarter. After school she spent her entire time on electronics. Her sleep was nonconsistent and she was on her phone before bed. She focused too much on electronics instead of school work.

Current

Barbara now tries to snack less and eat the right amount of food. She focuses on eating less and not snacking on to many things. Another thing she tries to do is when she snacks she tries to choose the best healthy option. She now focuses on her sugar eating habits to she tries to choose a healthy sweet sugar option like a fruit. Through her meals she tries to eat the most balanced she can. Since her mother always cooks something that isn't very hard for her. Her mother always has some type of food from the essential food groups. Now she recognizes her wellness issues and is working towards bettering them. She tries to incorporate at least 20-30 minutes of running on the treadmill throughout the day. She is very

consistent with working out and is also getting better sleep. She tries to put away the electronics 15 minutes before she goes to sleep and does her homework instead of slacking off and going on her computer. Barbara is also working towards improving her screen time.

Nutrition and Wellness Research



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RESEARCH

www.choosemyplate.gov

www.fueluptoplay60.com

www.fitness.gov

www.usda.gov

www.fda.gov

www.actionforhealthykids.org

www.niddk.nih.gov/health-information/weight-management/body-weight-planner

<https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html>

Unhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese.¹ Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

Make half your plate fruits and vegetables **Make half the grains you eat whole grains** **Switch to fat-free or low-fat (1%) milk** **Choose a variety of lean protein foods** **Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added. Drink water instead of sugary drinks** **Eat some seafood: Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Cut back on solid fats**

Active <https://www.hhs.gov/fitness/be-active/importance-of-physical-activity/index.html>

Physical activity provides long-term health benefits for everyone! Providing opportunities for children to be active early on puts them on a path to better physical and mental health. If things remain as they are today, one-third of all children born in the year 2000 or later may suffer from diabetes at some point in their lives, while many others are likely to face chronic health problems such as heart disease, high blood pressure, cancer, diabetes, and asthma.² Studies indicate that overweight youth may never achieve a healthy weight, and up to 70% of obese teens may become obese adults.³ Even more worrisome, the cumulative effect could be that children born in the year 2000 or later may not outlive their parents.⁴ The impact of obesity doesn't end there. Obesity has

personal financial and national economic implications as well. Those who are obese have medical costs that are \$1,429 more than those of normal weight on average (roughly 42% higher).⁵ And annual direct costs of childhood obesity are \$14.3 billion.⁶ By incorporating physical activity into your daily life—30 minutes for adults and 60 minutes for children—as well as healthy eating, you will experience positive health benefits and be on the path for a better future. Regular physical activity can produce long-term health benefits. It can help:

- Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- Control weight
- Make your muscles stronger
- Reduce fat
- Promote strong bone, muscle, and joint development
- Condition heart and lungs
- Build overall strength and endurance
- Improve sleep
- Decrease potential of becoming depressed
- Increase your energy and self-esteem
- Relieve stress
- Increase your chances of living longer

When you are not physically active, you are more at risk for:

- High blood pressure
- High blood cholesterol
- Stroke
- Type 2 diabetes
- Heart disease
- Cancer

Walk to your destination. Even better, walk or cycle to run errands in your community. Choose the stairs instead of the elevator or escalator. Sign up for dance lessons with a friend. The *Physical Activity Guidelines for Americans* recommends 30 minutes of physical activity a day for adults and 60 minutes for children, at least five days a week. Walk the dog. Park your car as far away as possible so you have to walk a longer distance. Go swimming at your local recreation center.

<https://www.actionforhealthykids.org/blog/>

Diet quality can affect a child's growth. Not only can it change their physical development, but it impacts cognition, behavior, well-being and ability to deal with life's challenges as kids grow older. Almost half of all U.S. children — 41 percent of kids under 18 — live in low-income households. Additionally, 23.5 million people live in food deserts, or areas where it's difficult to access affordable and healthy food. Schools play a critical role in child nutrition and diet quality with some children consuming up to 50% of their daily calories at school. An estimated 22 million children rely on free or reduced-price lunch programs for one or more of their meals each weekday (including breakfast). However, up to 3 million children aren't getting breakfast due to the timing in the morning and transportation logistics. We're failing to feed millions of children every day, and therefore hurting their chances of short-term success in the classroom and long-term opportunities in the future.

Besides the obvious fact that family time is important for bonding, here are other research-backed benefits to eating together:

Physical health:

- Meals tend to be more balanced and nutritious, containing the recommended servings of fruits and vegetables.
- People eat slower and talk more, which allows more time for digestion and helps prevent overeating because there is more time to recognize fullness.
- Kids who eat with their family are exposed to a wider variety of foods and become less picky.

Mental and emotional health:

- It's much-needed time to catch up, reconnect, and find out what's happening in your children's lives. This builds closer bonds and you recognize potential issues your children may be having.
- Through this time together, kids build greater self-esteem and parents are able to role model healthy behaviors, whether it's choosing nutritious foods or problem-solving a conflict.
- Kids and teens who eat family meals may earn higher grades in school, experience fewer symptoms of depression, and are less likely to engage in high-risk behaviors, like drug use.
- For kids in early childhood, family meals help develop language and social skills. And one final benefit? It saves money—potentially quite a bit, depending on how frequently your family eats outside the home.

Start with a few of these small changes:

- Make half your plate fruits and veggies.
- Focus on whole fruits.
- Vary your veggies, with a rotating cast of dark-green, red and orange vegetables at dinner.
- Make half your grains whole grains (think whole-wheat pasta and tortillas, brown rice and quinoa, whole-grain bread).
- Change up your protein routine, with an emphasis on chicken, turkey, fish, and lean cuts of pork, beef, bison or game meats, trimmed of fat. Beans are a great plant-based protein source to include in your diet as well.
- Offer water, low-fat (1%) or fat-free milk, or 100% fruit juice instead of juice drinks, sports drinks or soda.

Make sure everyone in the family eats and drinks the right amount for them. Kids need different amounts of food at different ages, genders and activity levels. Learn about your children's nutrition requirements to make sure you're giving them the nutrition they need.

Make sure you're offering fruit with breakfast, lunch and snacks. If you still think they're not getting enough, smoothies are a delicious (and efficient) way to pack in one or more servings. And don't forget dessert! Try berry parfaits with Greek yogurt; halved peaches or sliced pineapple, grilled and drizzled with a little honey; homemade fruit popsicles; blueberry crumbles; and baked apples or poached pears with cinnamon.

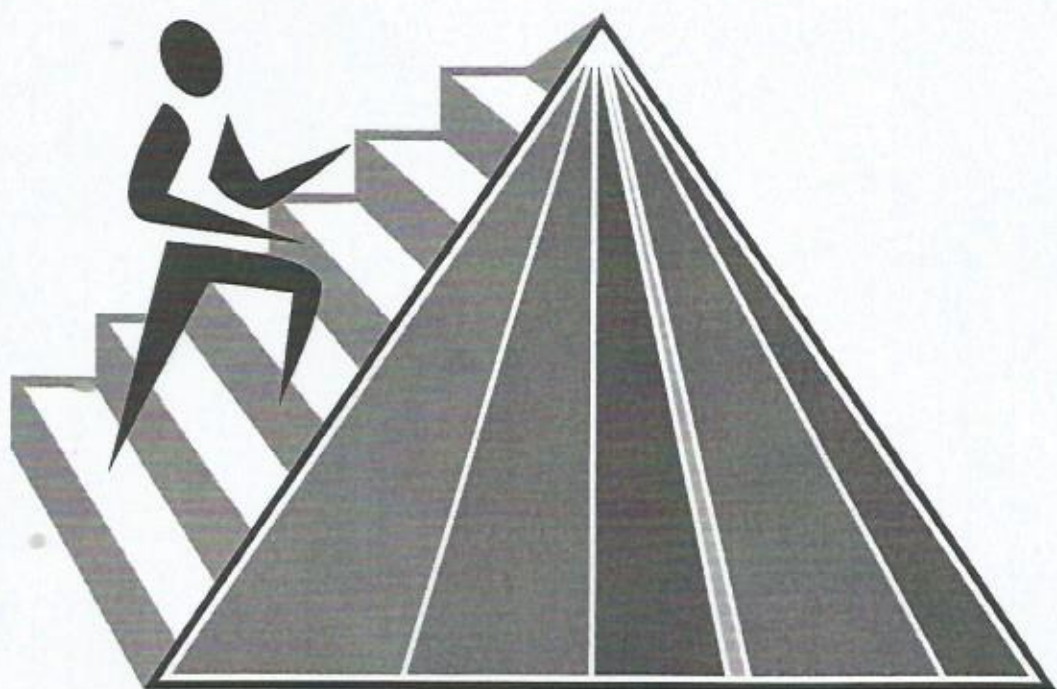
Are you overwhelmed by daily decisions about what to eat, how much to eat, when to eat, and how much physical activity you need to be healthy? If so, don't be discouraged because you're not alone. With so many choices and decisions, it can be hard to know what to do and which information you can trust.

This information may help you make changes in your daily eating and physical activity habits so that you improve your well-being and reach or maintain a healthy weight. You don't have to give up all your favorite foods when you're trying to lose weight. Small amounts of your favorite high-calorie foods may be part of your weight-loss plan. Just remember to keep track of the total calories you take in. To lose weight, you must burn more calories than you take in through food and beverages. Grains themselves aren't necessarily fattening—or unhealthy—although substituting whole grains for refined-grain products is healthier and may help you feel fuller. The Dietary Guidelines for Americans 2015-2020 recommend consuming grains as part of a healthy eating plan [External link](#). At least half of the grains you eat should be whole grains. Examples of whole grains include brown rice and whole-wheat bread, cereal, and pasta. Whole grains provide iron, fiber, and other important nutrients. Gluten-free foods are not healthier if you don't have celiac disease or are not sensitive to gluten. Gluten is a protein found in wheat, barley, and rye grains. A health care professional is likely to prescribe a gluten-free eating plan to treat people who have celiac disease or are sensitive to gluten. If you don't have these health problems but avoid gluten anyway, you may not get the vitamins, fiber, and minerals you need. A gluten-free diet is not a weight-loss diet and is not intended to help you lose weight. You do not have to avoid all fats if you're trying to improve your health or lose weight. Fat provides essential nutrients and should be an important part of a healthy eating plan. But because fats have more calories per gram than protein or carbohydrates, or

"carbs," you need to limit fats to avoid extra calories. If you are trying to lose weight, consider eating small amounts of food with healthy fats, such as avocados, olives, or nuts. You also could replace whole-fat cheese or milk with lower-fat versions. Read about food portions and how much food is enough for you. Dairy products are an important food group because they have protein your body needs to build muscles and help organs work well, and calcium to strengthen bones. Most dairy products, such as milk and some yogurts, have added vitamin D to help your body use calcium, since many Americans don't get enough of these nutrients. Dairy products made from fat-free or low-fat milk have fewer calories than dairy products made from whole milk. Learn more about the dairy group [External link](#). Overweight and obesity may increase the risk of many health problems, including diabetes, heart disease, and certain cancers. If you are pregnant, excess weight may lead to short- and long-term health problems for you and your child. This fact sheet tells you more about the links between excess weight and many health conditions. It also explains how reaching and maintaining a normal weight may help you and your loved ones stay healthier as you grow older. Excess weight may increase the risk for many health problems, including

- type 2 diabetes
- high blood pressure
- heart disease and strokes
- certain types of cancer
- sleep apnea
- osteoarthritis
- fatty liver disease and kidney disease
- pregnancy problems, such as high blood sugar during pregnancy, high blood pressure, and increased risk for cesarean delivery (C-section)

Nutrition and Wellness Tracking

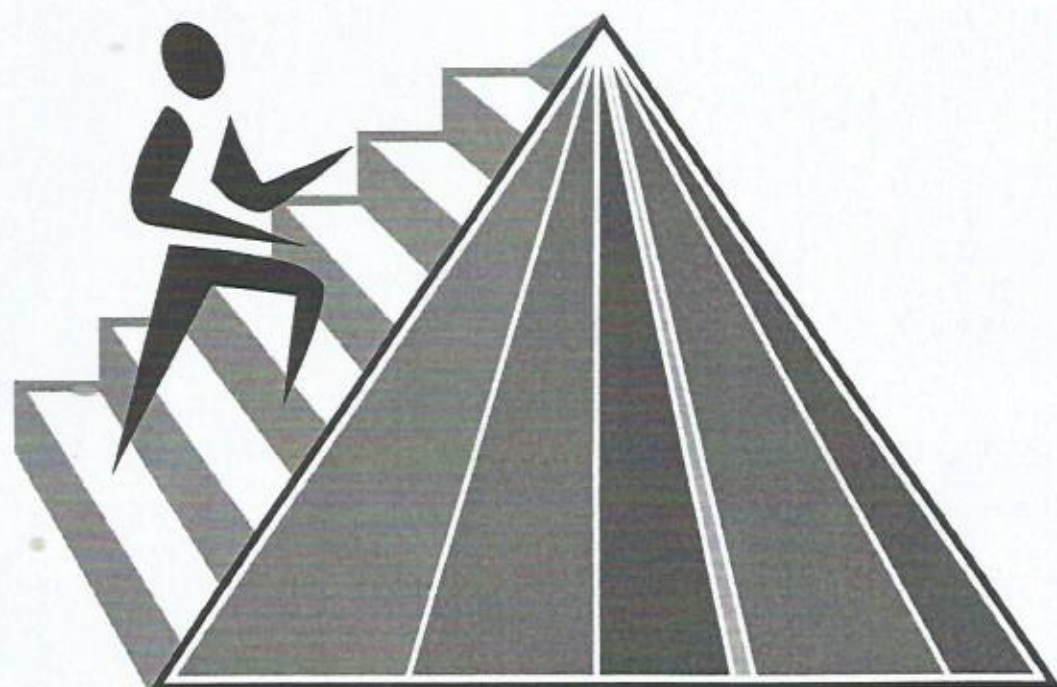


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Tracking App

We used the app "Lose It" to track Barbara's daily food intake and workout times. We found that she was low on vegetables and high on sugar. She usually ate pão de queijo for snacks and was not careful about quantities that she ate. Her sleep patterns were 7-8 hours a day. Her exercise pattern was 20 minutes a day. Her screen time pattern was 8 hours average a day.

Nutrition and Wellness Concerns



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Nutrition and Wellness Concerns

1. She's always on electronics.

Reflection- She is on her electronics because she has nothing else to do.

Ways to improve if necessary- Try to read or find new hobbies.

2. She eats more carbs and protein then she does her vegetables fruits and dairy.

Reflection- the foods she likes are higher in these things and she eats a lot of them.

Ways to improve if necessary-Include other things into her meals that are lower in carbs and protein

3. consistently snacks and eats a lot of processed foods .

Reflection- they are easier to get to and more convenient

Ways to improve if necessary- have healthier snacks and meals pre made and easily available.

4. Her sleep is very inconsistent. did not focus on her self care when she would do physical activities she would run out of breath.

Reflection- she stays up late watching tv and is out of shape due to lack of exercising,

Ways to improve if necessary-

5. She didn't think about what she would eat and what she would do.

Reflection- she just wanted to eat and didn't think about it

Ways to improve if necessary- think the meals through and plan

6. She wouldn't incorporate the daily foods she needs and would have trouble eating healthy foods.

Reflection- she just ate whatever was accessible

Ways to improve if necessary- meal plan and prepare ahead

7. When she is on her electronics she would have trouble focusing on important things around her.

Reflection- she got too distracted

Ways to improve if necessary- try to have goals and plan the things you have to do for the day

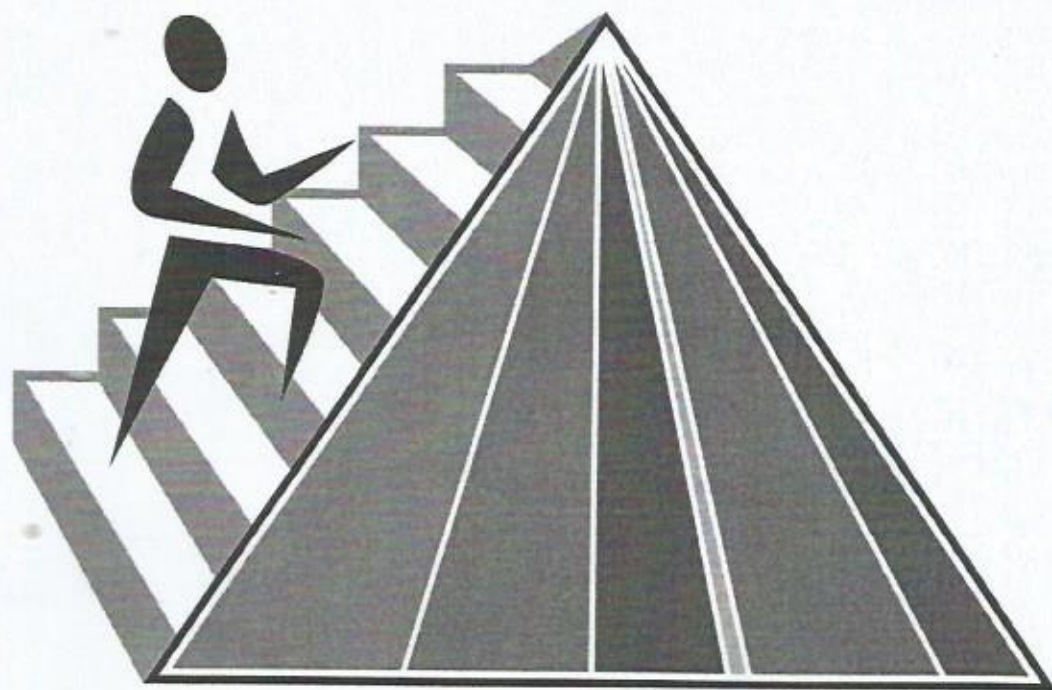
Relationship to FACS coursework

In our facts class we learn about the importance of nutrition and wellness. We learn that we need to choose healthy choices to have a happy and healthy life. To be healthy can change the way we look, smell, act, and feel. We learned that eating for good health is a matter of selecting nutrient rich food and knowing how much of each food to eat. We learned about the food pyramid where there are 5 basic groups divided according to the nutrients that different foods contain. The food guide pyramid recommends a certain number of daily servings from each of the 5 food groups. We learned the more active you are the more food you can consume. If you want to lose weight then exercise more but do not eat more.

Healthy eating habits and regular exercise are important parts of fitness. When you eat healthy and exercise it helps you to reach and maintain a healthy body weight. Sleep is also important to teens because that is when their body grows and builds muscle. And lastly we learned that screen time should be limited.

Overall we learned that we need to be able to take care of ourselves and prioritize our health.

Nutrition and Wellness Goals



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Nutrition and Wellness Goals

1. To eat balanced meals

She lacks incorporating all the necessary nutrients and food groups throughout her day.

Have a food of the necessary food groups and nutrients available that she enjoys eating.

2. To be more active

She doesn't get alot of exercise, she mostly only does during spring/summer

Try to get in activities she enjoys doing like dance,try to run, exercises

3. To not overeat

She does not have a limit and just eats what she wants and when she wants

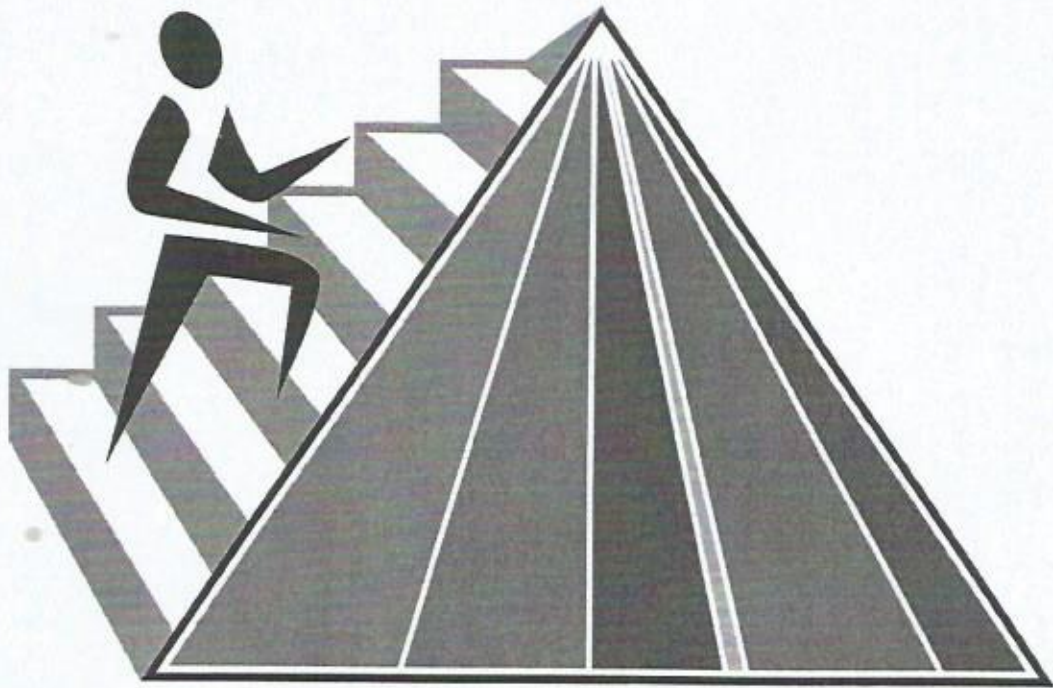
Try to restrict the amount and have meals instead of eating a ton of snacks throughout the day.

4. To try not to eat too much processed foods.

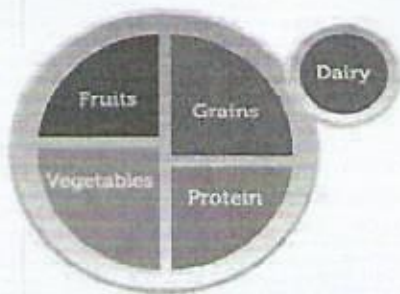
She eats whatever is easiest to prepare

Meal plan ahead and have healthy food done and available

Nutrition Plan



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Week 1-

- breakfast - milkshake sandwich lunch- alfredo juice dinner- feijoada (bean and pork soup) snacks- popcorn, apple
- Breakfast- pao de queijo (cheesy bread) french vanilla cappuccino lunch- lasagna dinner- michido (rice cheese eggs meat and vegetables mixed) snacks- dark chocolate
- Breakfast- strawberries and honey lunch- frango amarelo (rice and yellow chicken with the sauce), mandioca frita (fried yuca sticks) dinner- pastel & juice snack- fruit salad
- Breakfast- yogurt granola lunch- arroz com cara (rice meat and yuca) dinner- cheeseburger snack- papaya with honey
- Breakfast- egg sandwich, coffee with milk lunch- tacos juice dinner- arroz com queijo snacks- maria mole (type of marshmallow with coconut flakes), brownies
- Breakfast- bagel with cream cheese juice lunch- quesadillas dinner- turkey, rice, potato snacks- sonho de valsa, cherries
- Breakfast- sandwich chocolate milk lunch- stroganoff guarana dinner- spaghetti juice snacks- brigadeiro (chocolate fudge ball with sprinkles)

Week 2-

- Breakfast- frozen grapes, pancakes lunch- soup bread dinner- steak rice potatoes snack-granola bar, jujuba (brazilian gum drops)
- Breakfast- eggs bread bacon cappuccino lunch- empadao (a type of meat pie) dinner- rice chicken potatoes snacks- arroz doce (sweet rice)
- Breakfast- chocolate chip pancakes coffee with milk lunch- stir fry soda dinner- salmon rice snacks- fruit gummies, peppers
- breakfast- cereal lunch- coxinha (fried pastry stuffed with chicken and more) soda dinner- chicken salad snacks- rosca, acai ice cream
- breakfast - waffles lunch- atum com pao (tuna with mayo and ketchup mixed on bread) dinner- chilli snacks- mousse de maracuja (passion fruit mousse)
- Breakfast- biscoito de polvilho (tapioca rings) lunch- sushi shrimp dinner- chicken wrap snacks- cashews, beef jerky
- Breakfast- pear, strawberry milkshake lunch- pizza, juice dinner- salmon, breadsticks snacks- beijinho (coconut fudge balls)

Week 3-

- Breakfast- avocado toast lunch- pamonha (brazilian tamale made out of corn paste) guarana (brazilian soda) dinner- pizza snack- chocolate covered strawberries
- Breakfast- pao com requeijao (french bread with a type of brazilian cream cheese) dinner-pate com pao (tuna with ketchup and mayo on bread) snack- mango
- Breakfast- boba tea lunch- picanha (beef sirloin cap) dinner- canjiquinha (coarse grain mixed with meat type of soup) snacks- pudim de leite (brazilian flan)
- Breakfast- pineapple with salt lunch- tortilla pizza sauce and cheese dinner- arroz com queijo (rice and melted cheese) snacks- avocado smoothie
- Breakfast- waffles with peanut butter and syrup lunch- sushi, salmon dinner- chili snacks- arroz doce (sweet rice)
- Breakfast-pao de queijo lunch- chicken salad, juice dinner- pastel (fried pastry with meat or cheese inside) snacks- brigadeiro (chocolate fudge balls)
- Breakfast- toast with cream cheese lunch- tacos dinner- feijoada (bean and pork soup) snacks- rosca (brazilian donut)

Week 4-

- Breakfast- yogurt and granola lunch- arroz com cara e carne (rice with yams and meat) dinner- cheeseburger snacks- sonhe de valda (brazilian chocolate)
- Breakfast- sandwich lunch- stir fry soda dinner- arroz com batata e frango (rice potato and chicken) snacks- apples and peanut butter, popcorn and honey
- Breakfast- french vanilla cappuccino lunch- spaghetti breadsticks dinner- pizza snacks- fruit salad, jujuba (brazilian gum drops)
- Breakfast- panettone (chocolate fruit cake) lunch- lasagna dinner- pork ribs rice mandioca frita (fried yuca) snacks- chips, quesadilla
- Breakfast- eggs and rice lunch- yellow rice, deer meat, potato salad dinner- fettuccine snacks- kiwi, animal crackers
- Breakfast- milk tea, toast with eggs lunch- rice stroganoff (meat with creamy sauce) dinner- cheesy potato casserole snacks- maria mole (marshmallow and coconut flakes)
- Breakfast- cookies and milk lunch- mac and cheese dinner- michido (rice cheese eggs meat and veggies) snacks- papaya with honey, cooked banana cheese and cinnamon

Nutrition Plan

Nutrition-needs

Healthy protein options-

Beef Chicken Beans Fish Eggs
Nuts Turkey Tuna Eggs Peanut butter
Asparagus

Healthy fruit options-

Pineapple Avocado Blueberries Pomegranate Mangos
Strawberries Cranberries Watermelon Blackberries
Oranges Banana Grapes Guava Papaya
Cherries Apple

Healthy grains-

Brown rice Oatmeal Popcorn
Whole wheat bread pasta and crackers

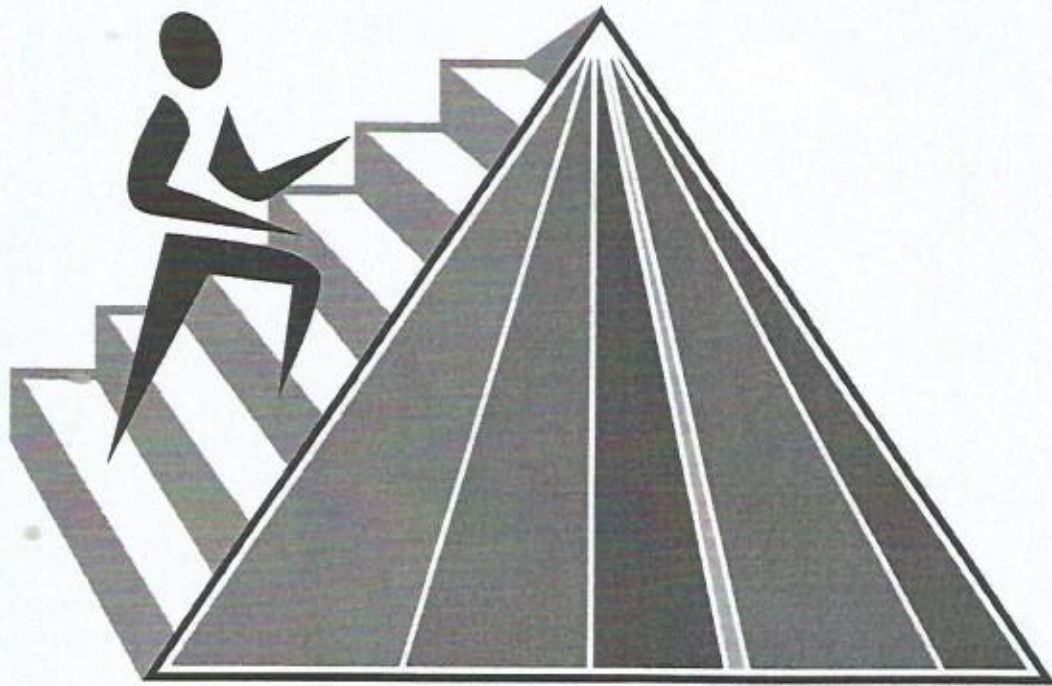
Healthy vegetables-

Tomato Onion Sweet potato
Mushrooms Bell peppers Corn Potato Carrots

Healthy dairy-

Milk Yogurt Cheese

Wellness Plan



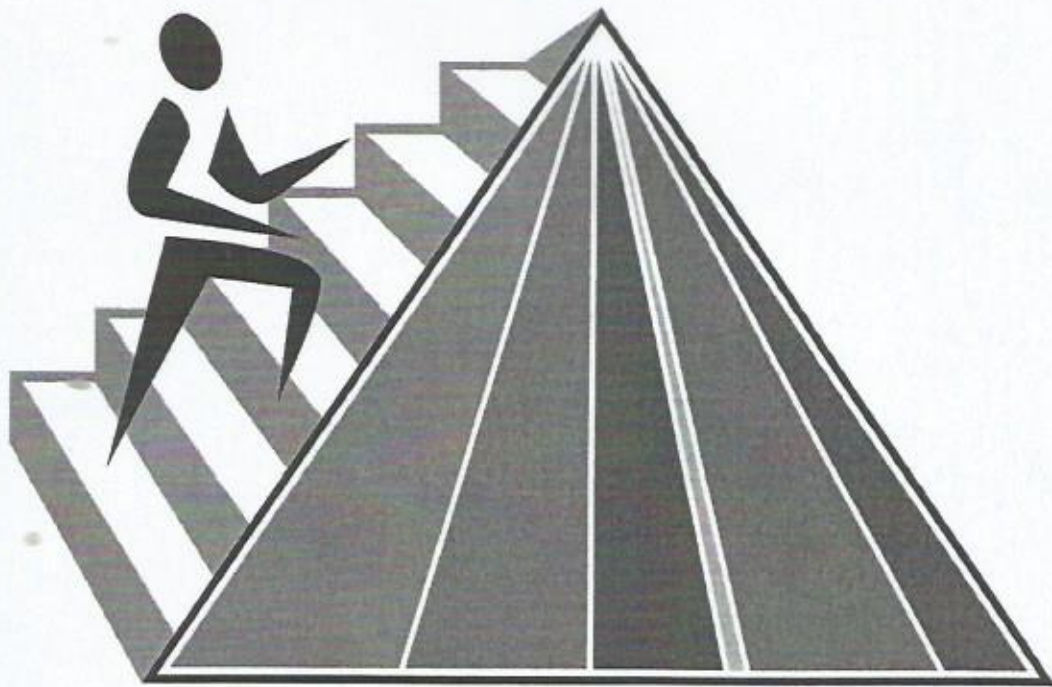
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An average person needs 8-10 hours of sleep in order to have a happy healthy day

People usually have 7-10 hours of screen time a day when in reality they really need about 2-3 at the most

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Mile run under 10 min	7 min workout (push-ups, jumping jacks, squats, etc.)	30 min yoga	1 hour weights	30 min zumba	15 min workout (lunges, burpees, situps, squats, Pushups, etc.)	Half mile run under 6 min
Week 2	1 hour weights	Rest day/relax	Half mile run under 6 min	30 min Medicine ball	20 min workout (wall sits, high knees, russian twist, mountain climbers etc.)	30 min zumba	30 min yoga
Week 3	30 min zumba	30 in yoga	Mile run under 10 min	7 min workout (squats, planks, sit-ups, bicycle crunches etc.)	Half mine run under 6 min	1 hour Weights	Rest day/relax
Week 4	30 min Medicine ball	15 min work (jumping jacks, pushups, lunges, Burpees,wall sits etc.)	1 hour weights	Rest day/relax	30 min yoga	7 min workout (crunches, arm circles, leg raises, jumping jacks, squats etc.	Mile run under 10 min

Implementation Plan and Reflection

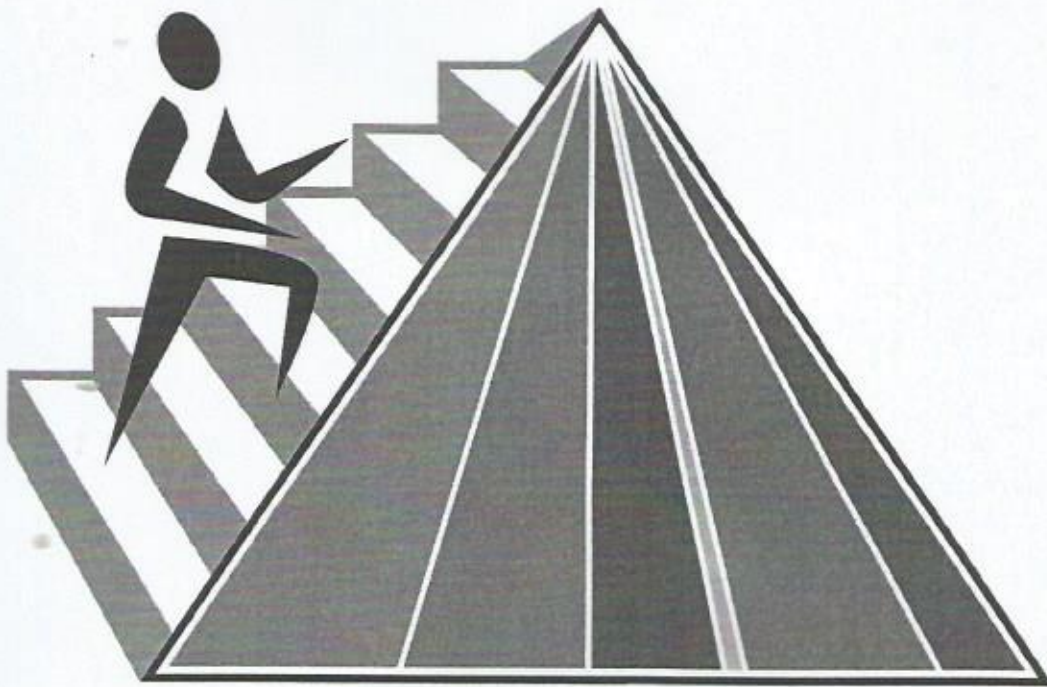


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Implementation and Reflection

The plan is to eat the right amount of food and eat balanced meals. You need to focus on getting the right amount of calories and your nutrients. Another thing you need to do is improve your wellness. Wellness is an important part of help. To improve try to get more sleep, exercise around 30 minutes, and drink enough water. The process will take some time to get it perfect but it will be worth it. At first focus on the little things like eating less and to improve your exercise try getting 5-10 minutes at first. Start increasing things over time like eating less processed things and more fruit and then start exercising 25 minutes. For your sleep try turning off your phone before bed and try to sleep earlier. A tip for getting more water is get a cool water bottle you'll want to use or put fruit like blueberries or lemons in the water. At first it will be hard to transition but then you'll feel much better. By improving your nutrition and wellness overall your improving your health. Since your health is improved you'll feel better, your immune system will improve, you'll have more energy, have strong muscles, you'll look better, and improve your mental health . After I finished improving my nutrition and wellness I had way more energy, was more active, I didn't get tired as easily, and i just felt happier.

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