



Commit 2B Fit® Aligns with Federal Wellness Policy Guidelines and Helps Implement Legislative Mandates

Commit 2B Fit® aligns with Florida Legislature Requirements:

New Florida Legislature mandates that each district shall provide 150 minutes of physical education each week for students in kindergarten through grade 5. Florida Legislature defines “Physical Education” as “The development or maintenance of skills related to strength, agility, flexibility, movement, and stamina, including dance; the development of knowledge and skills regarding teamwork and fair play; the development of knowledge and skills regarding nutrition and physical fitness as part of a healthy lifestyle; and the development of positive attitudes regarding sound nutrition and physical activity as a component of personal well-being. Under this definition schools that utilize *Commit 2B Fit®* will meet their required Florida Legislature mandate.

Here are just a few examples of how Commit 2B Fit® Aligns with Federal Wellness Policy Guidelines:

Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.

Commit 2B Fit® planner and the including nutrition curriculum is a daily reinforcement at school and is also taken into the home. The Commit 2B Fit® educational campaign is built from the nutrition information and run on broadcast outlets. In addition, through partnerships with retailers, the Commit 2B Fit® message is reinforced at point of purchase for food and beverage items.

Nutrition is integrated into the health education or core curricula

Lesson plans integrating nutrition and physical activity with the academic subject areas can be found at: www.iCommit2BFit.com. In addition, Commit 2B Fit® planner offers classroom teachers the opportunity to treat nutrition education in the same manner as academic subjects through homework assignments.

Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

This is the heart of Commit 2B Fit® philosophy. By utilizing the academic planner as the base for the nutrition and physical activity messages the concepts and messages are automatically carried into the home. At the same time, the Commit 2B Fit® message is heard and seen throughout the community and provides ideas and solutions to help families work together.

