

CATCHey Nutrition/Fitness Facts:

Only one in three children are physically active each day. Children now spend more than seven and a half hours a day in front of a screen.

Oranges grown in Florida will taste different from oranges grown in California. Temperature and soil affect how the fruit grows and tastes.

The purpose of goose bumps is to raise the body's temperature. Muscle fibers contract in the skin to form goose bumps. This muscular activity produces heat and raises the body temperature.

Broccoli is a good source of calcium, but milk is even better! It takes 3 to 3 ½ cups of broccoli to equal the calcium in one cup of milk!

Did you know that the body is about 2/3 water? Water helps keep your body temperature stable. It carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.

Exercising at least 60 minutes a day improves your health. Do you get enough physical activity every day?

Happiness is contagious! Surrounding yourself with happy people will make you happier as well.

The brain takes up about 2% of our total body weight but uses about 20% of our body's energy.

The most valuable fruit crops in the United States are in order: grapes, apples, oranges, and strawberries.

Fish have a lot of health benefits including healthy fats, strengthening immune system, healthy functioning of the brain and nervous system.

Try to taste new foods and old ones you have not tried in a while. Taste buds change over time so you may like something you previously did not like.

Your heart is made up of many different important parts. The valves in your heart act like doors to control your blood flow.

Laughing lowers levels of stress hormones and strengthens the immune system.

Strawberries contain malic acid, which naturally helps remove surface stains from teeth.

No time for the gym? There are lots of small exercises that you can fit in at home before work. A good one is 10 squats, 10 sit ups and 10 push-ups. Then, 9 squats, 9 sit ups and 9 push-ups. Carry this on until you only have one left of each. It's a great little metabolism booster and toning exercise!