

## Tips for Making Food Choices

1. Choose lean Meats 6oz per day
2. 8-10 servings of fruits and veggies a day
3. Choose whole wheat pastas, cereals and breads
4. Choose fat free or low fat milk products
5. Cut back on salt and sugar
6. Limit fats and oils
7. Grill, bake or broil foods



[www.catchtexas.org](http://www.catchtexas.org)  
[www.americanheart.org](http://www.americanheart.org)  
[www.ezinearticles.com](http://www.ezinearticles.com)  
[www.teachpe.com](http://www.teachpe.com)

<http://www.greenville.k12.sc.us/mitchell/>  
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*Coordinated  
Approach To  
Child Health*

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*Mitchell Road's  
Answer To Living  
Healthy*

## 4 Components of CATCH

Mitchell Road is fortunate to be involved in a Coordinated School Health program called **CATCH** which stands for **C**oordinated **A**pproach **T**o **C**hild **H**ealth. Coordinated school health is a process which brings a school community together to teach children to be healthy for a lifetime. **CATCH** is the resource that is going to be used to coordinate this process. **CATCH** is broken down into 4 components, **Child Nutrition** which involves the school cafeteria, **Physical Education** which makes sure the students are involved in moderate to vigorous physical activity, **Classroom** where health and nutrition resources are available to supplement the already existing health curriculum and the **Family** component where there is take home material and hands on activities for families to interact and strike up dialog on healthful living.

## The Value of Understanding and putting into place Health

Understanding and implementing the five Health Related Fitness Components on a daily bases will help keep your entire body healthy, strong and free of sickness and disease. This understanding will also give you an upper hand at maintaining and controlling a healthy body weight. Another value to understanding the fitness components is the increased brain power and better focused attention on daily tasks and day- to- day activities. All of this will in turn add years to your life expectancy.

### Five areas of Health Related Fitness:

1. Cardiovascular Endurance
2. Muscular Endurance
3. Muscular Strength
4. Flexibility
5. Body Composition



*Here are some activities you can incorporate into your busy lifestyle.*

1. Park farther way from the door and walk.
2. Take the stairs instead of the elevator.
3. Take a brisk walk during your lunch hour.
4. March in place while washing the dishes or cooking.
5. During a commercial jog in place or do some sit ups or push ups.

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