

SC PTA Health & Wellness

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Greetings!

We hope this year is off to a great start! Please allow this opportunity to introduce ourselves to you. As your SC State PTA Health and Wellness Committee Co-chairs, we wish to support you and your members to promote a healthy lifestyle in your schools. Richard is a full time health teacher in Colleton

teacher. She served with Richard as treasurer and vice president. We both have a heart for children and a passion for PTA and the wellness of families. It is our desire to serve as a resource for units in the pursuit of health and wellness goals. Please contact us to meet with your Board or

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County and has a degree in Health and P.E. He served as PTA president for our sons' elementary school for five years. Stephanie has a degree in Chemistry and is a DD2 science

membership for ideas or programs to support your wellness goals. Expect a quarterly newsletter for hints and tips to aid in the health and wellness of your families.

The Mellott Mission

Three Goals to Put Units on a Path to Wellness

1. To promote health, wellness, and personal safety of S.C. families
2. To provide grade level specific seminars and workshops
3. To serve as a resource for PTAs to promote and support healthy lifestyles.

DID YOU KNOW?

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- Only one in three children are physically active every day.
- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.
- Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer).
- The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.
- Nearly one-third of high school students play video or computer games for 3 or more hours on an average school day.
- Recent reports project that by 2030, half of all adults (115 million adults) in the United States will be obese. THESE ARE OUR CHILDREN!

<http://www.fitness.gov/resource-center/facts-and-statistics/>

<http://www.cdc.gov/healthyschools/physicalactivity/facts.htm>