



Date/Pages	Sports	Exercise	Nutrition	Food	Health/ Research Updates	Body Basics	Safety/Health Awareness	Relationships/ Social Mental Health
Back to School 2009-2010	Fall Recreational Sports	Exercise – Good for the Body, Good for the Mind	MyPyramid.gov and the Dietary Guidelines for Americans	More on MyPyramid.gov	The Importance of Eating Breakfast and Drinking Adequate Water	Exploring the Human Body	Back to School Safety /After-School Options	School Success - Homework /Study Tips
September 2009	Outdoor and Indoor Soccer	Getting Fit!	What is Cholesterol?	Reading Nutrition Facts Labels /COOL Labeling	Cold & Flu Season	Muscles	Head Lice/Pediculosis	Steps to Good Communication
October 2009	Coaches and Sportsmanship	Types and Benefits of Aerobic Exercise	Making Healthy Choices When Eating Out	Quick Healthy Snacks	Feeling Under the Weather? Over-the- Counter/ Prescription Drug Awareness	The Skeletal System - Healthy Bones/ Prevent Osteoporosis	Fire Prevention and Safety	Drug/Alcohol Prevention/ Making Responsible Decisions
November 2009	Basketball	Types and Benefits of Anaerobic Exercise	Meat and Beans Group	Foodborne Illness and Food Safety	Are You at Risk for Type 2 Diabetes?	How the Lungs Work/ Asthma	Say “NO” to Tobacco	Making Your School Environment Safe and Healthy
December 2009	Martial Arts	Cold Weather Exercise Tips/ Exercising Indoors	All about Sugar/ Holiday recipe Low in Sugar	The Milk Group	Why are Immunizations Important?	Hand Washing & Germs / Prevent Contagious Diseases	Holiday Shopping and Toy Safety	Stress Management/ Conflict Resolution

January 2010	Individual Sports	Getting Back into the Exercise Groove/ Setting Fitness Goals	Metabolism	Facts on Sports Nutrition Bars, Sports and Energy Drinks	Beware of Some Health Advertisements/ Products	Excess Weight and Health	Donating Blood/ Bloodborne Pathogens Awareness	Making Healthy & Wise New Year's Resolutions
February 2010	Girls & Women in Sports	Exercising with a Partner	Consider Fruits Before Sweets	Dark Chocolate in Moderation	Preventive Medicine & How to be a Wise Health Consumer	Heart Health/ Dental Health	What is First Aid?	Growing Up! - Puberty
March 2010	Spring Sports Baseball / Softball, Tennis, Track	Calisthenics	Breaking Poor Eating/Food Habits	Whole Grains	Vision and Hearing Health	Your Brain	Hazardous Weather Preparedness/ Thunderstorms/ Flooding/ Tornadoes	Positive Thinking, Self-Esteem/ Handling Peer Pressure
April 2010	Play It Safe – Sports Safety Awareness	Swimming Safely	Super Healthy Disease Fighting Foods	The Value of Vegetables	Earth Day/ World Health Day	How the Environment Affects Your Body & Health	Sleep Awareness & Importance in Good Health	Family Health Care / Finding a Family Practice Physician
May 2010	Summer Camps	Cycling for Health	Update and Review of New 2010 Dietary Guidelines	Healthy Grilling/ Recipes	Avoid Heat Related Illnesses	Your Skin and How to Protect It	Preventing Accidents this summer	Staying Safe and Healthy During the Summer Months