

December 2009



Lift-Off!'s Tips for the Month:

- There are a lot of sugary and fattening sweets around this time of the year, and it's okay to eat some. But don't eat too much! Be sure to stay on a healthy diet with lots of fruits and vegetables!
- With the start of winter, it may be getting cold where you live. Although you may not be able to play and do physical activities outside, you can still have a good time and stay in shape indoors! You can do sit-ups, push-ups, and running in place all inside, and you can always go to your school's gym to run some laps or play some basketball! Don't become inactive just because it's chilly outside!
- As the year comes to an end and we celebrate the beginning of 2010, make a promise to do one more healthy thing during the coming year.



- December's Produce of the Month is RAISINS. Enjoy breads, sauces, and stuffing that feature raisins. Or for a healthy snack eat them straight out of the box.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 
6	7 National Pearl Harbor Remembrance Day	8	9	10 Human Rights Day	11	12
13 	14	15	16 Dec 16th-24th - Las Posadas	17 Wright Brothers Day 	18 Islamic New Year	19
20 	21 First Day of Winter	22	23	24	25 Christmas Day 	26
27	28	29	30	31 New Year's Eve 		