



# North Natomas

Transportation Management Association

Regency Park

## TWO FEET TUESDAYS NEWS



Regency February 2011

### Park and Walk

Do you live too far away to walk or bike to school? If you park at least two blocks away, your child can still participate in Two Feet Tuesdays! All of this helps to alleviate congestion around school grounds and ultimately improves the air quality that our children breathe! Make sure your child doesn't miss this opportunity and remember, you **can** participate by parking and walking!



### Healthy Hearts

Healthy hearts are essential for children's development and ability to learn throughout the day. It is well documented that developing healthy eating and exercise habits at an early age leads to a lifelong personal commitment to a healthy lifestyle.

Health professionals agree that exercise habits need to be established during childhood to reduce the chances of coronary heart disease, reduce blood pressure, counter obesity, lower lipids, slow osteoporosis, improve psychological well-being, and possibly reduce the risk of cancer. Walking to school is a great way to start life long healthy habits.

### Meet Tish Abraham



Tish Abraham

Tish has been a longtime volunteer for the walk and bike to school program. Tish is a mother of four children and one currently attends Regency Park. Tish and her husband both work from home and have the flexibility to create their own schedule, which has allowed Tish to volunteer. She always knew she wanted to be involved in her kids' school and thought Two Feet Tuesdays was a great fit. Her family values a healthy fit lifestyle and she thought this would be a great opportunity to motivate other children.

Tish has seen positive changes in traffic reduction and student safety around Regency Park, since the program started. She looks forward to being a part of the Two Feet Tuesdays program for years to come and encourages other families to join in.

*Thank you, Tish, for all of your hard work!*

We all need energy in the morning and a great way to fuel the day is with a healthy breakfast. It is a must, especially for kids. Studies show that kids who eat breakfast do better in school and are absent less. Choose healthy options that are whole grain, contain calcium, and are low in sugar and fat. Fruit is also a great addition to breakfast!

For more information visit [healthyhearts4kids.org](http://healthyhearts4kids.org).



### UPCOMING EVENTS:

**Feb. 21-25 - No School Presidents' Week**

**Every Tuesday - Two Feet Tuesdays**

**Mystery Tuesday - Walk or bike every Tuesday because it might be treasure box day!**

IN PARTNERSHIP WITH  
TWIN RIVERS SCHOOL DISTRICT



Walk and Bike To School program sponsored by the North Natomas TMA, a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education, and services. Contact [mellissa@nntma.org](mailto:mellissa@nntma.org) - 419-9955



### Bicycle Rebates are Back!

The North Natomas TMA's Bicycle Rebate Program is back for 2011. It's now time to make a commitment to cycle more and drive less. Apply now and you might be chosen to receive a rebate. Adult rebates: 40% of the cost of a new bicycle up to \$250 or 40% of the cost of a new accessory up to \$50. Child rebates: 40% of the cost of a new children's bicycle up to \$100.

This opportunity is first-come-first-serve, so make sure you get your completed application in soon. All applications must be postmarked by April 30th -just in time to enjoy spring riding! To find out more about the Bicycle Rebate Program, visit [ntma.org](http://ntma.org) or call 419-9955.

### First Lady Michelle Obama *Let's Move!* Campaign

The *Let's Move!* campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.

Physical activity is a great way to fight childhood obesity. The *Let's Move!* campaign suggests:

- Give kids toys that encourage physical activity like balls, kites, bikes, and jump ropes.
- Encourage kids to join a sports team.
- Walk to school.
- Walk around the block after a meal.
- Find time to spend together as a family with a fun activity. Some ideas you might consider include a family park day, swim day or bike day.

In December, President Obama signed the Healthy, Hunger-Free Kids Act which is in support of the *Let's Move!* campaign. Some of the main points include:

- Gives USDA the authority to set nutritional standards
- Provides additional funding to schools that meet updated nutritional standards
- Sets basic standards for school wellness policies
- Creates school gardens
- Expands access to drinking water
- Promotes nutrition and wellness in child care settings

For more information about the *Let's Move!* campaign, visit [letsmove.gov](http://letsmove.gov).

### Meet Alexis Frye and Sydney Todd



Alexis Frye & Sydney Todd

Alexis and Sydney are two very best friends! Much to their advantage, they are neighbors and always have each other to play with! They love riding their bikes, especially to school. Alexis is in

Mrs. Jones' 2nd grade class, and Sydney is in Mrs. Ekelund's 3rd grade class.

Alexis says, "It's really fun to ride my bike all the time!" Every day, Sydney picks up Alexis in the morning and they ride their bikes to school. They especially ride fast on Tuesdays, so they can arrive early to the Two Feet Tuesdays table to pick out their charm. Sydney says, "I like riding my bike because it's good, healthy, and fun!"

They also like to color and make art crafts in their spare time. They often look at the Highlights magazine for fun craft inspirations!

Thank you, Alexis and Sydney, for participating in Two Feet Tuesdays!

### The History of Valentine's Day

Every February we \_\_\_\_\_ Valentine's Day by giving \_\_\_\_\_, candy and \_\_\_\_\_ to those we love. We do this in honor of Saint Valentine. Valentine was a \_\_\_\_\_ who lived in \_\_\_\_\_ Rome. St. Valentine performed weddings in secret because the Emperor \_\_\_\_\_ had made them illegal. In Roman mythology, Cupid (from the Latin word meaning "\_\_\_\_\_") is the son of \_\_\_\_\_, the goddess of \_\_\_\_\_. Cupid is often said to be a very \_\_\_\_\_ boy who goes around \_\_\_\_\_ people with his bow and arrow, causing them to \_\_\_\_\_ in love.