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6th grade

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Buy Local, Eat Fresh, Get Fit 4 Life

Did you know that Columbus County is one of the unhealthiest counties in North Carolina? A study has shown that based on physical environment, exercise, tobacco use and diet, we are unhealthy! Fried cooking is what helped stamp our county as unhealthy. To be healthy we need to eat nutritious food and eat less junk food. We need lots of exercise too! Exercise flushes away toxins and gives our brains more oxygen so that we can concentrate more in school.

Nutrition for young people is important to the way their bodies are shaped for the rest of their lives. Food from each of the five food groups should be included in our daily diets. We should make half of our grains whole, vary our veggies, focus on fruits, get our calcium rich foods, and go lean with protein!

Regular exercise is equally important as eating healthy. Everyone can benefit from exercise. It does not matter how old you are or how young everyone can do some form of exercise. Kids who are active will have stronger muscles and bones, have leaner bodies because exercise helps control fat, be less likely overweight, decrease the risk of developing type 2 diabetes, and have a better outlook on life. Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges, from running to catch a bus to studying for a test.

Columbus County is fortunate to have one the first 21st century Farmer's Market. You can find all the fresh fruits and vegetables at our Farmer's Market too. Corn, cucumbers, lettuce, peas, carrots, nuts, apples, peaches, and pears are just a few of the items available for to purchase. The market features only farmer-grown, farmer-sold products. Member's farms are visited periodically to assure that all items sold are locally grown by the seller and are of the highest quality. Columbus County's Farmer's Market works with our local schools to promote healthy eating and they also promote healthy snacks for the after school programs throughout our county. Our Farmer's Market understands the importance of diet and regular exercise and they care about where our food comes from and how it gets to our plates. The farmers that sell their products are always available so that you can get to know your farmer and know more about the food you are taking home.

Proper nutrition and exercise provides us the energy and nutrients to make us healthier and keep us more alert during the day. Healthy foods give our body what it needs so that we get back lots in return; more energy, powerful muscles and stronger bones. Just remember a healthy body will give you a healthy mind!