

Did you know that your heart beats 100,000 times per day?

What is the only place in the grocery store where the items don't have nutrition labels? $\qquad$

How much sugar does the average American consume annually? 24 pounds 162 pounds 50 pounds 200 pounds

Did you know that milk labeled " $2 \%$ " is actually $37 \%$ fat by calories?


Grams of fat in a serving of $2 \%$ milk $=5$
Calories per gram of fat $=9$
A. Multiple $5 \times 9=$
B. Calories in a 8 ounce serving of milk $=121$

Divide "A" by "B" = 37\%

Word Search

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| Squat | Produce | Energy |
| :---: | :---: | :---: |
| Sit Up | Fruit | Fat |
| Push Up | Kale | Lunge |
| Calorie | Vegetable | Snack |
| Breakfast | Training | Heart |
| Muscle | Sugar | Fit |
| Nutrition | Protein | Food |
| Carbohydrate | Elite | Star |
| Return the completed Fit Family Times activity sheet no later than April 18 and we will enter you in a prize drawing! |  |  |
|  <br> Ar | r mail to: 12 W C ngton Heigh | Ch Karen ge Drive IL 60004 |

The Elite Athletic Development training program is inspired by CrossFit and forged by work during almost 40,000 athlete visits.
Our health \& fitness programming helps the "every day" athlete from age 12 and up achieve their goals in a supportive community-based setting, and under the guidance of nationally certified performance coaches.

