

Did you know that milk labeled "2%"

is actually 37% fat by calories?

Fit Family Times

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Proud sponsor of Just Move It! Challenge 2012

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?

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

Grams of fat in a serving of 2% milk = 5

Calories per gram of fat = 9

Squat

A. *Multiple* 5 x 9 =

B. Calories in a 8 ounce serving of milk = 121

Divide "A" by "B" = 37%

Produce

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Ρ	F	J	L	Е	Ν	Е	R	А	G	U	S	V	А	В	Н	Е	Т
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D	U	0	S	С	R	F	А	В	Q	Ν	М	0	D	-	Е	Е	Ρ
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0	U	0	Q	S	Е	L	Ι	Т	Е	Q	D	S	Ι	Т	Е	U	Q
Υ	Ρ	М	D	0	0	F	Ι	W	Т	R	А	Ι	Ν	I	Ν	G	R

Word Search

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!

Email to

Energy

Karen@eadperformancenter.com or mail to: Coach Karen 12 W College Drive Arlington Heights, 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.