



Helping families eat well and be active

May 2016

Dear teachers and administrators -

ProHealth Physicians Healthy Me is a program designed to support the health of your students and their families. Focused on promoting healthy lifestyles by encouraging increased physical activity, wholesome nutrition, and family-centered care, Healthy Me seeks to provide children and parents with the resources needed to eat right and be fit.

**On June 2<sup>nd</sup>, we are starting a fun and active challenge called "Walk to the Moon". June 2<sup>nd</sup>, 2016 is the 50<sup>th</sup> anniversary of the first American spacecraft, the Surveyor 1, landing on the moon.**

Please help us reach your students and their families, encouraging them to be active together to help us reach the moon. We encourage you to also organize a school-wide walk around your track or building and report all of the miles walked. This could be done in a PE class or as a separate event.

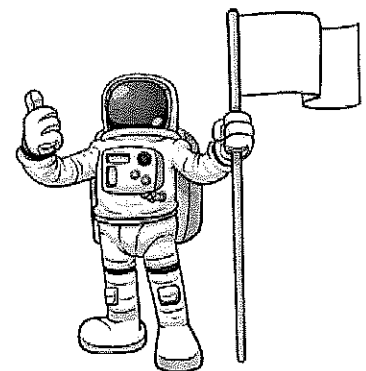
The moon is 238,855 miles from Earth. We will keep track of the distance covered until we reach the moon. Families can include distances walked by each family member—this is a team effort! Starting on June 2<sup>nd</sup>, families can log their miles walked at: <https://www.facebook.com/ProHealthPhysicians>, or send an email with their miles to [healthyme@prohealthmd.com](mailto:healthyme@prohealthmd.com).

We appreciate your participation in this challenge and hope that you will support ProHealth Physicians and the Healthy Me program in its objective to improve the health and well-being of children and families.

Sincerely,

Mark Sabo, MD  
Healthy Me Medical Director

Jennifer Sabo, MS, RD  
Healthy Me Program Manager





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Dear parents and caregivers-

ProHealth Physicians Healthy Me is a program designed to support the health of your children and their families. Focused on promoting healthy lifestyles by encouraging increased physical activity, wholesome nutrition, and family-centered care, Healthy Me seeks to provide children and parents with the resources needed to eat right and be fit.

**Starting on June 2<sup>nd</sup>, we are starting a fun and active challenge called "Walk to the Moon". June 2<sup>nd</sup>, 2016 is the 50<sup>th</sup> anniversary of the first American spacecraft, Surveyor 1, landing on the moon.**

The moon is 238,855 miles from Earth. How long will it take us to walk to the moon together?  
Starting on June 2<sup>nd</sup>, families can log their miles walked at:

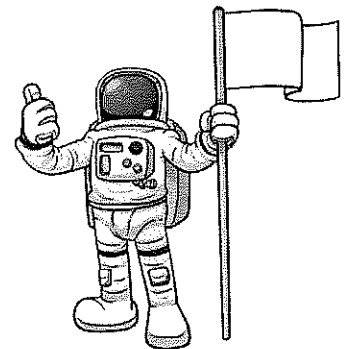
<https://www.facebook.com/ProHealthPhysicians> or email their miles to [healthyme@prohealthmd.com](mailto:healthyme@prohealthmd.com).

We will keep track of the distance covered until we reach the moon! We are hoping for families to be active together to help us reach our goal. Families can include distance walked by each family member – this is a team effort!!

We appreciate your participation in this challenge. We hope that you will support ProHealth Physicians and the Healthy Me program in its objective to improve the health and well-being of children and families.

Sincerely,

Jennifer Sabo, MS, RD  
Healthy Me Program Manager



[ProHealthMD.com/HealthyMe](http://ProHealthMD.com/HealthyMe)