

Our Strong4Life nutritionists are here to help you and your family.

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**STRONG<sup>4</sup>LIFE**

A Children's Healthcare of Atlanta Movement

ABOUT THE MOVEMENT | ASSESS YOUR HOME

## Healthy Eats



### SECRETS FROM OUR NUTRITIONISTS



In fashion, trends come and go in the blink of an eye (think leggings), and it can be challenging to keep up with what is "in" and what is "out."

The same is true for health and nutrition. There are lots of so-called "experts" promoting fad diets, exercise plans and nutrition advice. With information overload, we know it's easy to get overwhelmed trying to understand what's best for you and your family.

Don't worry, our team of trusted nutritionists are here to help make nutrition easier for parents like you. Take a look at the four questions our nutritionists hear the most from moms and dads and find out the [secrets to these nutrition mysteries](#).

- Are organic veggies and fruits (foods) better than non-organic (conventional)?
- Are fresh veggies and fruits always better than frozen?
- Are fat-free products always a healthy choice?
- Are nutrition bars a healthy on-the-go option?

Have more questions? [Post your nutrition questions on our Facebook page](#) during the month of March and one of our nutritionists will respond.

### SPRING SPORTS SNACK GAME PLAN



It's hard to believe some spring sports are in full swing and some kick off in just a few short weeks. Whether your kids joined a soccer team, or play pick-up basketball at the park, Strong4Life has three simple tips to make sure your superstar stays hydrated and fueled up for play this spring:

**What's Hot:** Water (yes, just plain water!), fruits, veggies, and other healthy snacks you can purchase or make yourself.

**What's Not:** Sports drinks,\* soda, fruit juice, juice drinks or flavored water; sweets like cookies, cupcakes, power bars and granola bars with candy or chocolate.

**What...Why Not?** Water is the best source of hydration. Sweet drinks—including juice and sports drinks\*—contain unnecessary sugars. Healthy food provides the fuel our bodies need to be physically active and strong.

It's that easy! Want more details? Check out our [Team Mom tips](#).

*\*Sports drinks should only be considered for children who are participating in very vigorous activities.*

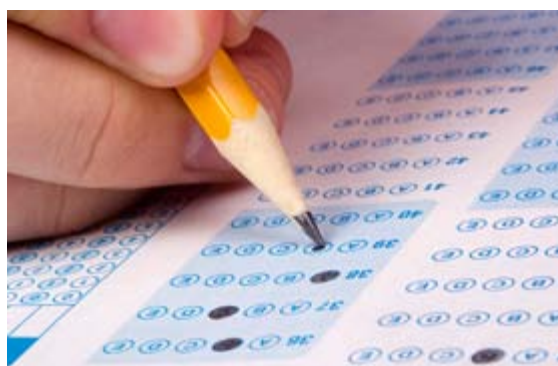


**Strong4Life is "Going Green" in March!** And we hope you will, too. Leafy greens are truly a super food yet many kids and adults don't give them a chance. Luckily, green-themed St. Patrick's Day is right around the corner and is the perfect time to re-introduce yourself and your family to leafy greens. [Get your green on today.](#)



## Healthy Dose: Inside Camp Strong4Life

Dr. Walsh turned her [blog](#) over to the director of Camp Strong4Life, Lauren Lorenzo, for a day. Lauren [gives you a sneak peek](#) into what you and your family can expect at camp. Want more scoop about camp? See a camper success story recently profiled on Lisa Ling's



## Smart Tips for Standardized Tests

April marks the beginning of CRCT testing in Georgia. It's never too early to get your child ready to make the grade! The brain needs "good" fuel to perform at its full potential—so swap sugary snacks for [Strong4Life's smart snacks](#). And, make sure your child gets lots of

"Our America," on the [OWN: Oprah Winfrey Network site](#).

sleep and plenty of physical activity in the weeks leading up to testing.

Strong4Life, the Children's Healthcare of Atlanta wellness movement, gives Georgia families small, simple steps to improve what we eat and increase ways we move. This communication is just one of the ways we make it easy for Georgia families to become Strong4Life.

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