



"PTA Day in the Park"

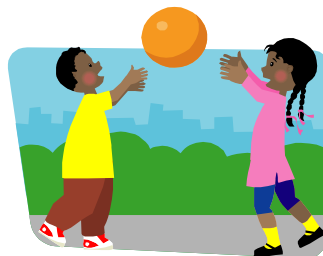
The Florida PTA encourages their members to spend **Saturday, Nov 19, 2011** with family and friends at a Local, City or State Park.

We encourage you to gather your PTA families and take the day to

Breathe fresh air
Swing on a swing
Toss a ball around
Go for a walk
Have a quiet picnic lunch

This event supports the **National PTA Healthy Lifestyles Initiative**

Florida PTA encourages your participation on this day



Why "PTA Day in the Park"?

Kids these days are spending too much time sitting still, and it's becoming a major health risk. American children 8 years old and above spend an average of 6.5 hours a day engaging with media technologies including watching TV, using the computer and playing video games. Studies have shown that the more TV kids watch, the more likely they are to be overweight. (National PTA Magazine 2010-2011)

For more information contact Florida PTA

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