



NEW YORK STATE SENATOR

Terrence Murphy

## Senator Murphy Reminds Students "You are what you eat"

TERRENCE MURPHY October 13, 2017

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Brewster, NY - Everyone is familiar with the phrase "You are what you eat." It is particularly true in relation to our health and well-being when we are young. Calling upon his experience as a nutritionist, Senator Terrence Murphy visited a pair of schools in The Brewster Central School District on October 11th in recognition of National Nutrition Week.

Over 200 enthusiastic sixth graders were on hand at the H.H. Wells Middle School to hear Senator Murphy talk about the benefits of a balanced diet and exercise. Over 150 inquisitive

third graders attended the Senator's second presentation at C.V. Starr Intermediate School, which focused on the food pyramid and making healthy food choices.

2017 Brewster Nutrition Week



"Life is all about making smart choices," said Senator Murphy. "The key to success in school can be traced back to having a healthy, balanced breakfast. Regular exercise is important. There is an interesting, exciting world out there. Instead of watching T.V. or playing on your game boxes, go play outside. It will make a huge difference in your overall health."

Senator Murphy also addressed the subject of bullying, reminding students that they have an extensive support group at their disposal made up of their parents, teachers, and friends.

