



# Wellness Wakeup Call

## Newsletter for K-5

### Month #5: Fitness and Exercise

Welcome to Wellness Wakeup Call! This newsletter contains messages to be read each morning in school over the loud speaker for morning announcements. This program is an easy way to help fulfill the requirements of nutrition education goals for the federally mandated Local Wellness Policies. If there are more messages than school days in the month, please combine a few so that you will be able to read them all. New messages are available on our website each month, and are generally ready by the 25<sup>th</sup>. We encourage you to photocopy this newsletter double sided to send home with students so parents can learn, too, and have a healthy recipe to try. In addition, we encourage you to notify parents about this program through the district or PTA/PTO newsletters to learn what their children are learning, and so they can try a healthy recipe! This document is available as PDF files at [www.healthylunches.org](http://www.healthylunches.org) and you are welcome to post these files on the district website.

- Each day, start the message with: **"Good morning, this is your Wellness Wakeup Call!"**
- Then read the message for the day. End each message with **"Enjoy your day, the healthy way!"**

1. You don't have to do fancy exercises to be fit. Just moving your body more will help you have more energy, become stronger, and do things like run faster and throw a ball farther.
2. No matter how big or small, short or tall you are, exercise is for everyone. It is as important to be fit on the inside as it is to be fit on the outside.
3. Most kids who exercise every day are happier, do better in school, and deal with problems better than kids who don't exercise.
4. Walking is the one of the easiest ways to get fit. Can you think of any walking games?
5. Have you ever used a pedometer? (pid:AHMiter) It is a tiny computer that you clip onto your clothing, and it counts how many steps you take. (Optional: Ask your gym teacher how you can get one.)
6. If you are able to find a pedometer, wear it all day and see if you can walk at least 10,000 (ten thousand) steps per day. This isn't as far as you may think!
7. If you eat an order of large fries at a fast food restaurant, you would need to walk for about 2 1/2 hours to work them off.
8. There are different ways to exercise - on teams, by yourself, or playing with friends and family. With team sports you try to beat the other team. Exercising by yourself you try to just do your best and are not trying to win against anyone. Playing outside with friends and family is just plain fun, and everyone is the winner!
9. It is important to get at least an hour of exercise in every day, and it doesn't have to be the same thing. Actually it's better for your body to do different activities! How about 15 minutes of walking the dog, a half-hour bike ride, and 15 minutes of freeze tag?
10. Sometimes it's easier to exercise if you have a buddy to do it with. How about playing jump rope with a friend, hiking or bicycling with your family, or a favorite sport with your brother or sister?
11. Do you ever have trouble sleeping? Regular exercise can help you sleep better, which means that you'll feel more refreshed the next day.
12. Do you love video games? There are really fun video games where you have to move around a lot. You will feel so much better after playing them than regular video games.

13. Are you running out of exercise ideas? Here are a few: kickball, roller skating, gymnastics, hopscotch, swimming, jumping rope, shooting hoops, riding a bike, walking, running, playing catch, jogging, hiking, tennis, kicking a soccer ball around, handball, tag, going on the swings, and dancing with friends or at home alone.
14. Sneak in exercise every day. Here's how: ask your parents to walk or bicycle with you where you need to go instead of driving; use stairs rather than the escalator or elevator. You get the idea!
15. Just like eating healthy food puts you in a good mood, so does exercise. Exercising every day will actually make you feel happier.
16. What are some ways to exercise when it's raining outside? Try using an exercise video, doing jumping jacks, seeing how many pushups and sit ups you can do, or marching in place while watching television.
17. Maybe you can make extra money while exercising! Your parents or neighbors might need your help weeding the garden, shoveling snow, or walking dogs. What else can you think of?
18. Be sure to drink plenty of water while exercising. Water is much better for you than energy or sports drinks. Sports drinks are not healthy and are a lot like sodas.
19. Stretching is important - it helps your body bend better, and helps prevent hurt muscles. Touching your toes, reaching up, reaching out to the sides, and bending to the side are all great ways to stretch. Have you ever heard of yoga? There are lots of great yoga stretches.
20. Do you have a birthday coming up? Maybe you can play tag, have fitness contests, or play a team sport at your party.
21. Why is it so important to exercise? Exercise helps keep your muscles, bones, and skin healthy so you feel better and look better. It's also fun!
22. If you want to become really good at a sport, you have to practice, practice, practice! And remember, doing other sports can even help you become better at your favorite sport, because you'll be moving your body in many more ways.

OPTIONAL: If you have a physical disability, you can still exercise. Moving your body however you can is important and will make you feel good. Dancing to music - sitting or standing, is great exercise and fun.



## Recipe of the Month

### Super Energy Bars

These tasty, chewy bars are the perfect snack before or after a lot of exercise!

You will need:

- 1/2 cup raisins
- 1/2 cup applesauce
- 2 tablespoons pure maple syrup
- 1/2 cup all-natural almond butter or peanut butter
- 2 cups rolled oats
- 1/4 cup sesame seeds

What to do:

Have an adult help with this recipe.

Preheat oven to 350° F. Grease a 9x9 pan with a little oil.

To soften the raisins, soak them in warm water for about 10 minutes, then discard the water.

Mix applesauce and maple syrup in a medium-sized bowl. Add almond or peanut butter and mix well (heating the nut butter a bit will help it mix in easier). Add oats and sesame seeds and combine completely. Fold in the raisins. Spread into prepared pan and bake for about 35 minutes.

Cut into 12 squares.