



Wellness Wakeup Call

Newsletter for 6-12

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 25th. 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 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 go to a gym to be fit. Just moving your body more each day will help you become more fit, so you'll have more energy, feel stronger, and move faster. Walking is one of the easiest ways to get exercise.

2. No matter what your shape, size, or age, exercise is for everyone. It is as important to be fit on the inside as it is to be fit on the outside.

3. Kids who exercise every day are happier, do better in school, and handle stress better than kids who don't exercise.

4. Just like eating healthy food puts you in a good mood, so does exercise. Exercise produces "endorphins" (en-DOOR-fins) which are natural chemicals in your body that make you feel good.

5. Have you ever used a pedometer? (pid-AH-miter) 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. You would need to walk for about 2 1/2 hours to burn off an order of large fries from a fast food restaurant.

8. If you want to shape up just a section of your body, just exercising that body part won't work. You will need to exercise your whole body in order to change your shape.

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, 10 minutes of roller blading, and 5 minutes of jumping rope?

10. Sometimes it's easier to exercise if you have a buddy to do it with. How about hiking or cycling with your family, a favorite sport with your brother or sister, or hip-hop dancing with friends?

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? Grab some friends and play the ones where you dance to lights and music. You can get a lot of exercise that way!

13. Are you running out of exercise ideas? Here are a few: kickball, rollerblading, gymnastics, jumping on a trampoline, Frisbee, pingpong,

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.

14. Sneak in exercise every day. Here's how: Use stairs rather than the escalator or elevator, walk instead of getting a ride, dance while you are listening to music, and freak your parents out - offer to clean the bathroom! You get the idea!

15. Join a sport after school if you can. Keep trying different ones until you find one that you really enjoy. And it's not about winning; it's about playing fair and having fun!

16. What are some ways to exercise when it's raining outside? Try using an exercise video, doing jumping jacks, seeing how many push-ups and sit ups you can do, or marching in place or dancing while watching television.

17. Maybe you can make extra money while exercising! Your parents or neighbors might need your help weeding the garden, cleaning, shoveling snow, babysitting a toddler, or walking dogs. What else can you think of?

18. Be sure to drink plenty of water while exercising. Energy and sports drinks won't give you an edge - they're mostly just sugar, and not too different from soda. Water is much better for you.

19. Stretching is important - it helps your body become more flexible, and helps prevent injuries to your muscles. Stretch very lightly before exercise, and do more stretching during and after exercise.

20. Do you have a birthday coming up? Ask for the gift of lessons in an activity you've always wanted to try, like tae kwon do ("TIE-QUAN-DOH"), ice skating, gymnastics, dance, or roller blading!

21. Why is it so important to exercise? Exercise not only helps you feel better and look better it also helps prevent heart disease, cancer, diabetes, and obesity and can help you live longer.

22. If you try out for a team of your favorite sport and don't make it, don't become discouraged! See if you can join a non-competitive club for that sport, and practice hard so you can try again next year. And you don't need to do team sports to be fit. You can do activities like biking, swimming, yoga, and jogging.

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.