



Oliver's team talk

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Teach! TEACHERS' CORNER

Physical Activity 101

Along with maintaining a healthy weight, did you know that physical activity can help with:

- ✓ Lowering the risk of colon cancer, cardiovascular disease and type II diabetes
- ✓ Increasing bone density and preventing osteoporosis
- ✓ Reducing feelings of anxiety and depression
- ✓ Reducing symptoms of arthritis
- ✓ Lowering blood pressure and cholesterol
- ✓ Improve student's concentration and have a positive impact on academic performance

Grab a friend and get moving towards a healthier lifestyle!

Excite! READY, SET, GO!

Get Moving in the Classroom

- Allow your students to get up and stretch in the morning, after lunch, and right before the school day ends.
- Incorporate physical activity in spelling class by letting your students march in place while spelling out the words of the week.
- Play the OrganWise Guys "Extreme Couch Potato" video to teach kids a fun way to get moving!
- Allow a different student every day to lead a 10 minute exercise. This will keep their blood flowing throughout the day!

Activate! MAKE YOUR MOVE

Family Fun

- Go for a walk after dinner with your family members.
- Make Sundays your family bike outing day and explore new areas of your neighborhood.
- Always try to incorporate new activities to keep your children interested in exercising. Try rollerblading, baseball, and hopscotch for a variety of ways to stay active while having fun.
- For rainy days, play "follow the leader" around the house incorporating jumping jacks and squats into your indoor game time.

Motivate! SPREAD THE WORD

Let's Get Physical

Fall season is finally here in Houston, so try to begin exercising outside with your family and friends while enjoying the great weather!

Things to do:

- ✓ Explore a new nature trail
- ✓ Garden and rake leaves
- ✓ Practice yoga outside
- ✓ Walk and jog around the neighborhood
- ✓ Sign up for a Saturday walk/run group in your area to meet new friends and exercise all at the same time!

Make **HEALTHY CHOICES** for Life!