

STAIRWAY TO HEALTH.

Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, **TAKE THE STAIRS!** It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will **burn enough calories to**



the big number

7665

A two-minute stair climb every day for a year would burn about 7665 calories – 3 or 4 days' worth of eating!

prevent annual weight gain for the average

American. Other moderate activities we can choose to work into our daily lives include taking a daily **brisk walk** (at a 15-minute mile pace or so), **biking** at a leisurely rate (10 mph or less), actively **playing** with children, doing **light yard work** (or snow shoveling), **light weight lifting**, and similar common activities that are easy to do, quick, and healthy!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"STAIRWAY TO HEALTH"

EAT BETTER

Try lots of different fruits, veggies, whole grains, and protein options for a healthy diet. You're bound to find a few you really like!

BANANA SLICES

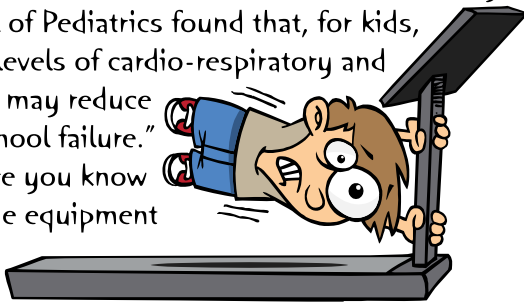
Banana slices are your BFF before any cardio workout! Banana raises your potassium, which is depleted when you sweat.



Pair the banana with wheat toast for a mix of complex and simple carbs to power your whole workout!

LEARN EASIER

Kids who do cardio do better in school, too! A study in the Journal of Pediatrics found that, for kids, "having high levels of cardio-respiratory and motor fitness may reduce the rate of school failure." Just make sure you know how to use the equipment before you begin!



PLAY HARDER



If you start climbing stairs during your day and like the way it makes you feel, the next "step" is to start using a stair machine like you'll find at most health clubs and gyms. A 165-lb person will burn about 330 calories in half an hour on a stair climber – do that 3 times a week and that's more than 50,000 calories a year!

LIVE HEALTHIER



Need another reason to take the stairs? Do it for the health of the Earth! Think of the energy it takes to move a person's weight up two or three flights in an elevator. When you take the steps – up or down or both – you help the planet, too, in your own small way. It's a win-win!

First things First



BREAKFAST @SCHOOL
For first-class learning!



Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, the added emphasis on vegetables, fruits, and whole grains on our menus has helped increase the fiber content of our meals.



DON'T GET! Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!



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This newsletter is provided as a wellness resource by our school system's School Meals Program