

**Eating Smart & Moving More
Celebrating Healthy Families**

Moving More

**Five Fun Ways to
Make School Days
Active Days**

Physical activity is as important for children's minds as it is for their bodies. Being active before, during, and after school can help kids feel better, behave better and do better in school. It can also help them maintain a healthy weight naturally. Being active with family and friends adds social benefits to this win-win situation.

Walk to and from school.

For generations, walking to and from school was the tried-and-true fitness path for children. It still can be an awesome way for kids and adults to get physically fit and enjoy some family togetherness at the same time. To get started, plan to walk at least one way every day – or back-and-forth a few days per week.

Use pedal and push power.

Bikes and scooters are also good ways to make school-day transportation work for everybody's fitness. Make sure that everyone wears a helmet and knows the details of bike or scooter safety. Have younger children? No problem! Let them walk as far as they can and then push them in the stroller for the rest of the way.

Start a walking club at school.

If walking to or from school isn't practical due to distances or safety concerns, walking at school is a great option. Children can walk around the playground before the bell rings (a little music always helps) or enjoy a nearby park. Check with the PE teacher about getting a club going in your school.

Take 5 or 10 in the classroom.

Savvy teachers know that a 5 to 10 minute activity break is a great way to switch from subject to subject. It can also be a good way to calm down an antsy class and to refocus students' attention where it should be – on learning. Energizers are classroom-based physical activities that integrate physical activity with academic concepts: <http://www.ncpe4me.com/energizers.html>.

Plan for active recess.

Recess is a time for playing with friends rather than leaning against the wall. Recess works best when teachers (and family volunteers) engage children in age-appropriate games focused on movement and fun rather than winning and losing. Old-fashioned jump rope and hopscotch can be lots of fun for today's children.



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