

## Top Ten Tips for a Healthier You

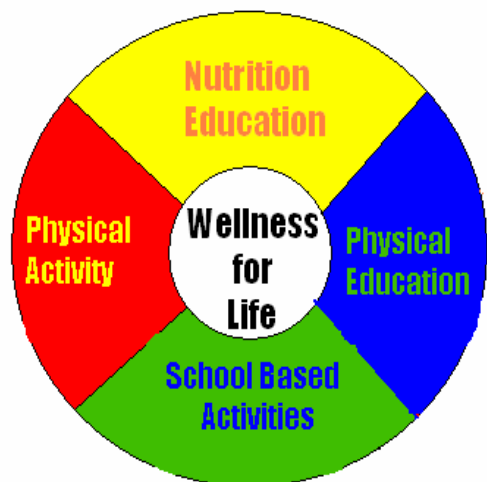
1. Eat a variety of foods from all of the food groups.
2. Eat slowly, chew carefully, and savor your food.
3. Lower consumption of refined sugars and fats.
4. Focus on balance, variety, and moderation of healthy foods.
5. Keep fresh fruits and vegetables washed, cut up, and readily available for snacking.
6. Walk 15 minutes twice a day
7. Use physical activity rather than food as a reward (biking, skating, etc.)
8. Schedule a regular time throughout the week for your family to do a physical activity.
9. Emphasize the importance of having fun and learning; avoid the push "to win."
10. Limit computer and television time and encourage physical activity.

American Diabetes Association

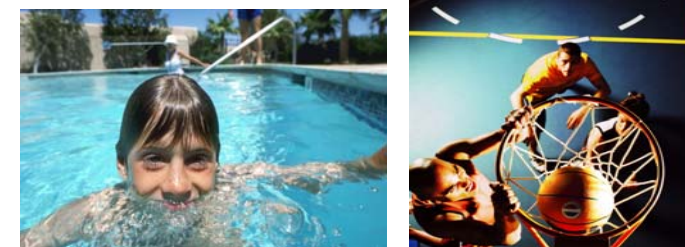


## SCHOOL WALK FOR DIABETES

The district is committed to providing all students and staff with the information and opportunities to achieve a healthy lifestyle



## The Health and Wellness Plan for the Wattsburg Area School District



# Health and Fitness

## For All

### 2005-2008

#### Mission Statement

We, the Wattsburg Area School District, through education, activities, food service programs, and exercise initiatives will focus on facilitating change in students, staff, and the community to modify personal choices in diet and exercise habits to promote good health throughout our lifetimes.



The impact of poor nutrition and the lack of physical activity on the health of young people and adults has been fully researched. The quality of nutritional intake and level of activity can greatly impact one's general health, academic achievement, and behavior.

In response to federal requirements and the increased incidences of childhood obesity and physical inactivity, a three year plan of action that enables the district to provide our students with a healthy lifestyle, has been designed. Changes have been made to improve the nutritional and physical education programs, the breakfast and lunch programs, and physical activity opportunities.



#### Goals Completed

- Establish a standing district Health and Wellness Committee
- Create a K-12 Health and Wellness Plan to be completed within 3 years
- Provide students with an opportunity for exercise by offering a variety of intramural activities (Grades 7-12)
- Provide students continually with nutrition and activity facts
- Remove soda from school district operated vending machines
- Increase the amount and variety of health food choices in the school lunch and breakfast programs.
- Eliminate trans fat from all items prepared in the school cafeteria
- Continue education of staff in the areas of health, physical, and nutritional education
- Increase communication between home and school regarding health and wellness issues

#### Future Goals

- Establish an on-going wellness committee for each school
- Establish a District Wide Wellness Week which will focus on nutrition and physical activity
- Provide opportunity for identified students with health concerns to participate in focused physical activity
- Expand vending operations to provide a variety of low-fat milk and milk products
- Encourage family participation through a variety of events offered throughout the school year
- Develop guidelines and criteria for fundraising at all levels
- Create a Health-Wellness page on the website
- Upgrade and maintain the cross country and walking trail



#### Food Pyramid

