

GET YOUR SCHOOL OR ADMINISTRATIVE CAMPUS INVOLVED!

One Whitfield Wellness Week

March 18 - 22

BROUGHT TO YOU BY THE WHITFIELD COUNTY WELLNESS COMMITTEE.

UPLOAD YOUR PICTURES/VIDEOS TO SOCIAL MEDIA AND MAKE SURE TO TAG

@WHITFIELDSCHOOLNUTRITION &

@WCSCHOOLS

& USE THE HASHTAG

#ONEWHITFIELDWELLNESSWEEK

YOUR SCHOOL COULD WIN WELLNESS PRIZES, FITNESS EQUIPMENT & MUCH MORE!

(...NOT TO MENTION, BRAGGING RIGHTS!)

Moving

MONDAY

March 18, 2019

Encourage your students to get moving!

- Take the stairs, if possible
- Park further away from school
- Conduct classroom physical activity breaks
- Have students follow along to movement videos in the classroom

Taco

TUESDAY

March 19, 2019

Talk about making healthy choices

Ask for your favorite veggies

Consume more fruits throughout the day

Offer to help friends make healthy choices

Water

WEDNESDAY

March 20, 2019

Drink the recommended 64 oz. of water a day!

Drinking water helps:

- Increase energy
- Promote weight loss
- Boost your immune system
- Improve skin complexion

Get a FREE 8 oz. bottle of water when you eat lunch in the cafeteria!

Thinking

THURSDAY

March 21, 2019

Think of ways to promote better health in your school!

Encourage your students to:

- Make better food choices
- Participate in more physical activity
- Get plenty of rest
- Practice good hygiene

Fitness

FRIDAY

March 22, 2019

Have your school participate in a fitness activity!

- 10-minute stretching breaks throughout the day
- Meditation time in the classroom
- Walk a lap around the school
- 10-minute dance breaks throughout the day

Wellness Committee Members: Jamie Beckler, Angie Brown, Heather Brumlow, Deborah Craft, Lyn Douglas, Mike Ewton, Kristina Horsley, Abby Reissing, Janet Robbins, Tom Sell and Kara Stevenson.