
JUNE ANNOUNCEMENTS GR 6-12: PROMOTING PHYSICAL ACTIVITY

- Did you know that a little exercise is good, but more is better? Try to exercise for at least one hour every day! Remember every step counts.
- Did you know there are a lot of ways to exercise inside your home? If the weather isn't nice outside, you can dance, do yoga, stretch, or even bodyweight HIIT programs. What are you going to try?
- Did you know that exercise is good for your body? It helps your muscles and bones grow and get stronger. Try to exercise for one hour every day for a healthy, strong body.
- It is a lot easier to get moving when you choose something that you love to do! Do you love to ride a bike, go for walks in nature, play sports, and dance to your favorite music. Whatever it is, choose something that is fun and that you love doing.
- Did you know that physical activity improves your health? It helps you to do better in school, build stronger bones and muscles, reduce your stress, and learn new skills. Wow! Who knew that physical activity had so many benefits? What are you going to try today?
- Get up and get active! Try changing up your "after school" routine and go for a short walk with a family member or friend once you get home from school. It doesn't take much to get your body moving more! Want to cover more ground? Go for a bike ride.
- Ask a friend to try a new activity today. Afterschool is a great time to be physically active. Sign up for a new program, join a sports team, or just try a new activity in a nearby greenspace. Make time to be active every day. You'd be surprised what your body can do and how much fun you'll have trying a new physical activity!
- Next time you are doing schoolwork at home and just can't seem to concentrate, take a short exercise break to reset your mind and body. You can jog on the spot, do 15 jumping jacks and 5 squats, or some other quick activity of your choice! We are positive you will feel so much better!
- Do you live in a safe walking distance from the school? Try walking or wheeling to school instead of getting dropped off in a vehicle! It's a great way to start and finish the day...and it's good for the environment!