

SPRING IS UPON US!

With warmer weather comes countless opportunities for movement! Walk, run and go play. A big shoutout to all the staff and students at Herig Elementary for joining Step up & Bwell. We are now at over 180 registrants across the Saginaw public school district! Please follow our new TikTok page for movement and nutrition content right here in the Saginaw Public School district: @SaginawCityHRA



WHEN YOUR KID SAYS THEY DIDN'T EXERCISE TODAY

Get creative when it comes helping your children earn movement minutes for their Step Up & BWell team at school!



- **Olympic Bathroom Cleaning Course** – Set a timer for 15 minutes. Place or hide the following items in various locations around the house: roll of paper towel; toilet bowl brush; cleaning rags; a safe, non-bleach cleaning product or mild detergent; window/mirror cleaner. Child races from each location to bathroom and cleans it. Everybody wins!
- **So You Think You Can Vacuum** – Loud music, vacuum cleaner, dance moves, judges, videotape. Go!
- **Swiff it Good** – Creatively attach rags or Swiffer dry sheets to each foot. Turn up the jams, and move feet to the beat across hardwood or tile floors.
- **Be Aggressive...Be, Be Aggressive Bedroom Pick-Up** – Kids and parents chant this cheer while completing the following list of activities in their respective bedrooms: Hang up clean clothes, put dirty clothes in hamper, take dirty dishes and trash to kitchen, make bed. Fastest wins. Hint: let the kids win, then beg for “best out of 3” in other rooms.
- **Aerobic Car Washing** – Once weather warms up, bring out the hose and buckets of soapy water. Crank up the music again, arm each child with a sponge in each hand, and let the fun begin.



Greetings Step Up & BWell Participants

As teams compete against one another we need to collect some baseline information on each team member.

Please complete this 5 minute survey no later than March 31st so we may evaluate the success of this program.

Click this link to start the survey:
<https://survey.alchemer.com/s3/7193922/Step-Up-BWell>

Those who complete their surveys will be entered into a drawing for prizes.



Herig principal Barry Thomas & elementary students who joined Step up & BWell

CHALLENGES THIS MONTH

- Try some new foods!
- Try to drink 1-2 less sugary drinks a day.
- Make sure you fill out the survey!



Healthy Substitute for Moms and Dads

Try this homemade coffee creamer in place of store-bought ones containing high fructose corn syrup and flavorings.

- Use 1 can of whole or reduced-fat coconut milk, 1 T of maple syrup, and 1 tsp of vanilla extract.
- Experiment with other flavors by adding a dash of cinnamon or a pinch of pumpkin pie spice.
- Place ingredients in a bottle or glass mason jar and shake well. Keep in the frig for up to 1 week or freeze in ice cube trays for long-term storage.
- It's dairy free, lower in sugar, and delish.

RESOURCES

For StepUp & BWell assistance, reach out to your district HRAs:

Meghan Wagner, Morgan Ainslie or Nathan Hamp
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nhamp@saginawcounty.com
989-702-5768



BWell Saginaw
BWellSaginaw.org

Saginaw County Community Resource Guide:

<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>