



May 2023

May is National Physical Fitness & Sports Month



Regular physical activity promotes growth and development and has multiple benefits for physical and mental health that undoubtedly contribute to learning.

Sign up for Step Up & BWell today and start tracking your healthy habits. **REGISTER HERE:** stepup.bwellsaginaw

"EAT THIS. IT'S GOOD FOR YOU!"

When we say this, most kids run in the opposite direction. They often associate "good for you" with "not tasty" or "not what I like to eat."

Rather than saying "This is good for you," consider easy-to-remember words that portray healthy food as powerful - like fuel for superheroes!

The more colorful the plate, the healthier your "super kid" will be!



Red food makes your heart strong!



Orange food helps you see in the dark!



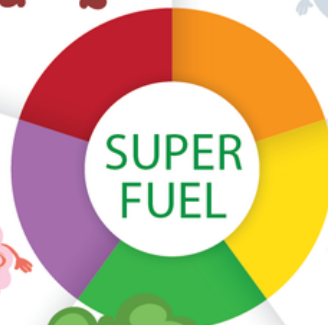
Blue and purple foods give you a strong brain!



Yellow food helps your body heal from cuts and scrapes!



Green food helps you fight off sickness!



Step Up & BWell Reminders

- **Be sure to fill out the survey you receive by email** – check your child’s email too. We’re recommending parents fill it out for elementary students. Middle- and high-school students can fill it out themselves. It a REALLY important part of the grant we received for this program!
- **Encourage your kids to fill out their exercise logs daily.** Otherwise, it becomes a bigger task than it needs to be. Plus, there’s nothing like that feeling of accomplishment when we track our healthy behaviors and contribute to our Team totals.

CHALLENGES THIS MONTH

- Sign up for Step Up & BWell
- Track your healthy habits
- BEAT St. Charles!

Tips for Better Sleep

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

RESOURCES

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

Talia Dunn
taliadunn@chesaning.k12.mi.us
(989) 702-5043



BWell Saginaw
BWellSaginaw.org

Saginaw County Community Resource Guide:
<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>