



May 2023

Keep it up!

As we continue to fight for first place, keep in mind that ALL exercise counts! Now that the weather is getting warmer, you may walk your dog or go for a bike ride with your family. These also count for your minutes on top of the minutes that you already track daily. Keep on tracking those minutes! Lets go Vandals!!!



"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!



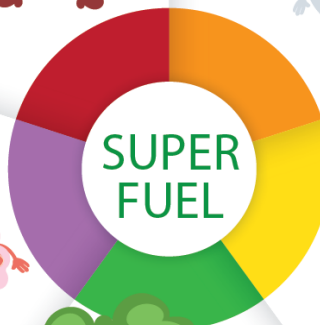
Blue and purple foods give you a strong brain!



Yellow food helps your body heal from cuts and scrapes!



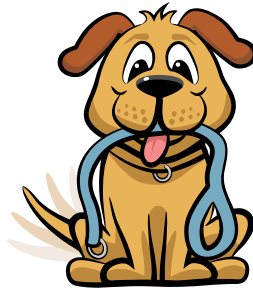
Green food helps you fight off sickness!



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.

Here are some ideas on new ways to get exercise as the weather gets warmer:



Going for a bike ride

Taking your dog for a walk

Swimming



Jumping on a trampoline

Playing catch with a friend



Rollerblading

CHALLENGES THIS MONTH

- Keep logging minutes
- Get a friend to join
- Try a new way to exercise



RESOURCES

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

Name: Chelsea Good
email: good.chelsea@merrillschools.org
phone: (989) 297-6996



BWell Saginaw
BWellSaginaw.org

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