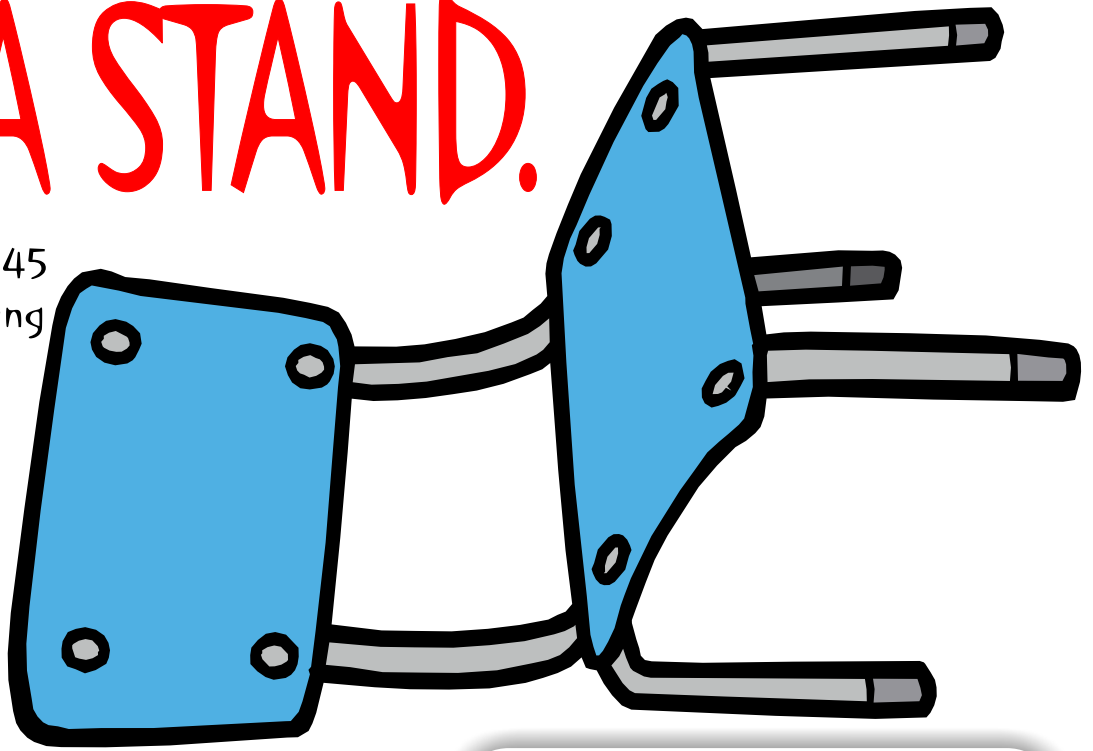


TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. **That's 75% of every day!** And guess what? On average, kids aged 8-18 sit **EVEN MORE** than adults – about 4.5 hours a day at school, another 7 hours of sitting in front of various screens outside of school, plus time for driving to school, eating meals, doing homework. Add it all together and **the average kid is sitting for 85% of their waking hours** each and every day. Health experts say that prolonged sitting can shorten our lives as much as smoking, and they advise that everyone stand much more at work and school and **try not to sit for more than 30 minutes at a stretch**. Want to learn (and scare yourself) more? Check out www.standupkids.org/standing-vs-sitting, the website that provided much of the info for this month's "Wellness Is A Way of Life" newsletter.



the big number

5

For every 30 minutes of sitting, you should get up and move around for five minutes to reduce the risks of sitting too long.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

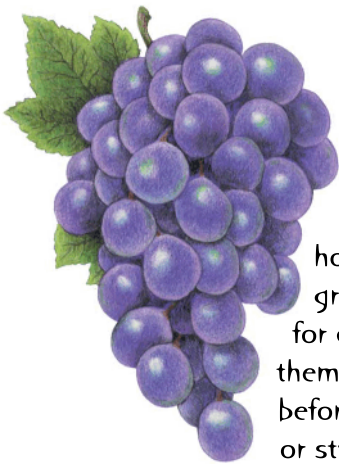
WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“TAKE A STAND”

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

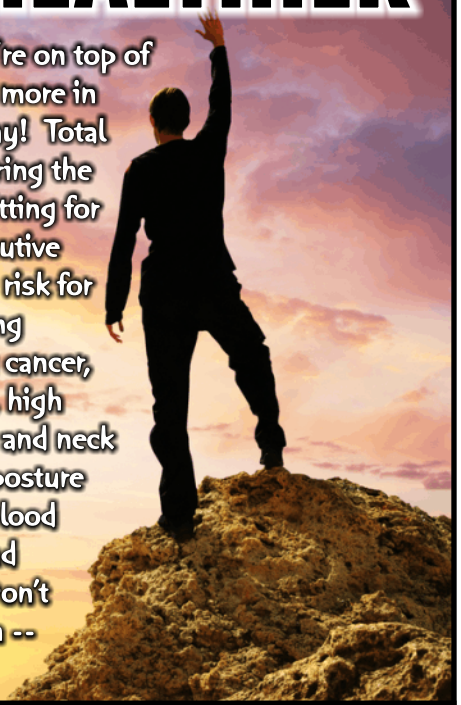


GRAPES

Grapes are a great walking-around food – they're plenty good for you, and kids love them! But behind hot dogs and candy, whole grapes are the third worst food for choking risk, so ALWAYS cut them in half LENGTH-WISE before letting little kids (sitting or standing!) snack on them.

LIVE HEALTHIER

Want to feel like you're on top of the world? Stand up more in the course of your day! Total time spent sitting during the day and periods of sitting for more than 30 consecutive minutes increase our risk for myriad life-threatening conditions, including cancer, stroke, heart disease, high blood pressure, back and neck pain and associated posture problems, and high blood sugar, cholesterol, and triglyceride levels. Don't take this sitting down -- Get up and move!



PLAY HARDER

Want to exercise without moving a muscle? Put your feet to work! Kids burn anywhere from 15-35% more calories when they're standing than when they're sitting down. Works for adults, too.



LEARN EASIER



Get students standing more and they'll learn better, too. Active learning increases kids' involvement in the classroom, boosts creativity, and improves students' behavior and feelings of well-being. Best of all, kids' test scores have been shown to go up when they are allowed to stand and move around more while learning.



DON'T 4 GET!
Take at least **ONE**
FRUIT
or
VEGGIE
and at least **THREE**
items total so your meal counts as a complete lunch!

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, we've established calorie maximums for our meals, which helps us cut added sugar from our offerings!