

# RESOLVED.

The new year is a great time to make changes. But don't try to do too much at once – work on the basics. **Try to eat a little better.** Cutting down just a bit on portion sizes is the simplest and most effective way to control calories. **Build a little more exercise into your day.** Taking the stairs (up and down, even when you don't feel like it!) is a great place to start. **Get some extra**



the big number

# 10

Over the course of a year, eating just 10 fewer calories a day equals about one pound of weight.

**sleep.** That's when your body devotes energy to growth, recharging your immune system, and repairing sore muscles and strained tissue. When you **eat well, stay fit, and keep yourself healthy,** you're guaranteed to do better in the classroom, on the playing field, and with any other challenges life throws at you. So, this year, resolve to take good care of yourself. You'll feel well and learn better, too.

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

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by our school system's School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“RESOLVED”

## 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

Almost everybody loves grapes! And their juiciness and natural sweetness, combined with a low calorie count, make grapes an ideal food for snacking or dessert. Believe it or not, grapes are really berries!

## PLAY HARDER



It's never a good idea for a snowman to sweat, but sweating can be good for you! People sweat when they're hot, when they're nervous, and when they exercise. That last kind is the good kind. When your muscles are working hard, sweat is your body's way of cooling itself off. So when you break a sweat, you know you're doing yourself some good! How often do you work up a good sweat?



## LEARN EASIER

One of the best ways for parents to ensure that their kids do well in school is to read to younger kids every day and encourage older kids to read on their own every day.

## LIVE HEALTHIER

Do you hear that? Your body's trying to tell you something, so pay attention! Sometimes, people eat too much because they don't notice when they're full – so they keep eating. Eat slowly. Enjoy your food. And listen to your body when it tells you you've had enough.



## One item on our menu hasn't changed for 60 years.

One item's always on your child's School Meals menu: Education. Because when your kids regularly eat balanced, nutritious meals they concentrate better in class. They participate more enthusiastically. And they learn better. It's just that simple.

Simple, yet beautiful. Our School Meals program provides a community service that helps make educating kids easier and more effective.

Convenient, economical, healthy School Meals. Because education should always be at the top of the menu.

**School Meals**  
*We serve education every day™*