

# Healthy **ZONE**

a program of



## MARCH 2018 NEWSLETTER

The Healthy Zone School Recognition Program<sup>®</sup> was created as a joint collaboration between The Cooper Institute & United Way of Metropolitan Dallas in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors.



**60 MINUTES**  
PER DAY IS THE RECOMMENDED  
PHYSICAL ACTIVITY TIME FOR  
CHILDREN AND ADOLESCENTS.



**37.4%**  
*Only 37.4% of children  
participate in daily  
physical activity.*

## NATIONAL NUTRITION MONTH



**Join the Academy of Nutrition and Dietetics in celebrating National Nutrition Month.**

This month-long nutrition education and information campaign was created in order to highlight the importance of making healthy food choices and developing sound eating and physical activity habits.

The theme for this year's campaign is "Go Further with Your Food" which focuses on healthy eating habits while also urging us to cut back on food waste.

Read more about how to get involved and over 30 ideas for National Nutrition Month<sup>®</sup> at your school, workplace, or your local grocery store. Include the entire family and add some fun to your learning experience with [games](#) like Nutrition Sudoku or Rate Your Plate.

[READ MORE](#)

## FIT TIP: SANDBAG TRAINING FOR MUSCULAR STRENGTH

**This Fit Tip focuses on using the sandbag as a great tool that can improve your muscular strength/endurance, stability, and power.**



While sandbag training has been utilized by athletes for many years, it is becoming increasingly popular among all exercisers.

As a result, many fitness professionals are incorporating sandbag training into their functional fitness programs.

Try these three sandbag exercises that, when combined, target all major muscle groups.

[WATCH VIDEO](#)



Have you subscribed to our [CI Fit Tip channel](#)?

Get caught up on the [latest Fit Tips](#).

## NATIONAL SCHOOL BREAKFAST WEEK



Mark your calendars and gear up to help your school celebrate **National School Breakfast Week (NSBW)** starting **Monday, March 5.**

NSBW was first launched in 1989 to help raise awareness of the availability of the School Breakfast Program to all children.

Since then, this weeklong celebration has been used as an opportunity for schools to celebrate with special menus, spread awareness to parents, and increase participation in the National School Breakfast Program.

Click below to explore the [NSBW 2018 Toolkit](#) and learn more about how parents, students, teacher, and your local community can get involved.

READ MORE

## HOST A HEALTHY ST. PATRICK'S DAY



### Go green and celebrate St. Patrick's Day with fun food art!

Whether you're having a school-wide St. Patrick's Day celebration or hosting a family gathering, consider incorporating these healthy recipes and ideas to help you match the green theme:

- Over the Rainbow
- Kiwi Shamrock
- Live Green and Skip the Screen!

Click below to learn more about each recipe and green themed activities.

READ MORE

#### ENGLISH VERSION



DOWNLOAD PDF

#### SPANISH VERSION



DOWNLOAD PDF

#### STAY CONNECTED



#### Newsletter brought to you by:

The Cooper Institute | [CooperInstitute.org](http://CooperInstitute.org) | 972.341.3200

The Healthy Zone School Recognition Program is Sponsored by:

