THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FL

ALLISON MONBLEAU
DIRECTOR

WANDA F. PAUL, M.ED., MBA
CHIEF OPERATING OFFICER

SCHOOL FOOD SERVICE
3661 INTERSTATE PARK ROAD NORTH, SUITE 100
RIVIERA BEACH, FL 33404

PHONE: 561-383-2000 / FAX: 561-383-2043
WWW.PALMBEACHSCHOOLS.ORG/SFS

February 22, 2021
**Bulletin #PD 21-102 COO**

**Action By:**
**March 31, 2021**

**Contact(s):**
Paula Triana, 561-383-2026
paula.triana@palmbeachschools.org
Eric Stern, 561-434-7450
eric.stern@palmbeachschools.org
Carlye Fabrikant, 561-434-8044
carlye.fabrikant@palmbeachschools.org
Jeannine Rizzo, 561-882-1904
jeannine.rizzo@palmbeachschools.org

**TO:** Principals and Directors

**FROM:** Wanda F. Paul, M.Ed., MBA, Chief Operating Officer

**SUBJECT:** **2021 LET'S MOVE: COMMIT TO CHANGE PHYSICAL ACTIVITY CHALLENGE**

During a challenging school year, it is especially important for students and District staff to maintain healthy behaviors that benefit both our physical and mental health. Daily physical activity can improve overall health and reduce the risk of developing several diseases such as cardiovascular disease, type 2 diabetes, and cancer. In addition to boosting the immune system, physical activity also greatly benefits mental health by reducing sensitivity to stress, depression and anxiety, among other things. Overall, your quality of life improves by simply adding 30 minutes of physical activity to your daily routine. Physical activity can:

- Strengthen your bones and muscles
- Improve sleep quality
- Improve your mental health and mood
- Improve digestion
- Increase your chances of living longer
- Maintain brain function in older adults

The **2021 Let's Move: Commit to Change Physical Activity Challenge** is a county-wide campaign presented by Digital Vibez, Inc. and Palm Health Foundation. This challenge focuses on physical activity, nutrition, and healthy behaviors and takes place **March 1 - 31**. The District will be supporting this valuable county-wide campaign throughout March. Please join us as we promote this health and wellness opportunity with all our students and staff.

This is an excellent opportunity for staff, administrators, and students to renew and recommit to their fitness goals by logging in the number of minutes they exercise each day during the entire month of March. A "**The School District of Palm Beach County**" team will be created on the *Let's Move* website. Each school and department will be displayed as sub-teams of the overall District team. This will make logging your daily physical activity easy and will encourage healthy competition among schools and departments.

**How to Participate:**

- Participants are encouraged to register under their sub-team online at **www.letsmovepbc.org**.
- Simply click on the **"Register to Participate"** button on the home page, create a username and password, and select **"The School District of Palm Beach County"** team from the **"Organization/Team Name"** drop-down menu.
- Next, select your respective school or department name in the **"Sub-Team/Department Name"** drop-down menu and click **"Submit".**
- Once you are registered, logging your minutes is easy. Log in to the site using your username and password, select the **"My Minutes"** button on the home page, and enter minutes on your personal dashboard.
- Participants can begin signing up at this time, but minutes cannot be logged until **March 1**.

The school site or community-based youth-focused program that logs the most minutes in the **2021 Let's Move: Commit to Change Physical Activity Challenge** will win a **small grant** to support their physical activity programming.

Your school's Healthy School Team Leader and/or Wellness Champion would be a good person to promote this initiative at your school or department.

In 2020, the District logged a total 473,201 minutes out of the total of 3,864,338 minutes logged in the entire Palm Beach County area. Let's all commit to exercising at least 30 minutes a day, log your minutes, and let's see if we can double our District's total minutes' contribution in 2021.

Thank you for your attention and consideration in participating in this fun community campaign.

DEF/WFP/AM/MP/PT:tb
Attachment

Approved: _____
Donald E. Fennoy II, Ed.D., Superintendent




Palm Health® FOUNDATION

DIGITAL VIBEZ
EMPOWERING YOUTH Through Technology & the Arts

## The Let's Move: Commit to Change Physical Activity Challenge

Engages Palm Beach County residents in a friendly competition through the month of March with the goal of promoting physical activity and healthy behaviors!

**Let's Move** invites Palm Beach County residents to form teams and get moving together- commit to exercising at least 30 minutes a day, and log your minutes!

**WHO can participate?** ALL Palm Beach County Residents!
**WHEN is the challenge?** March 1 - 31, 2021
**WHERE can you sign up?** www.LetsMovePBC.org

## Questions?

Designed By: