Choosing Healthy Habits Planner Theme: Outdoor Eating & Physical Activity

On average, youth spend more than 53 hours a week using screens, which results in less time for physical activity. According to national guidelines, children and adults should participate in 60 minutes of physical activity a day. Building stronger muscles is one benefit of being physically active for 60 minutes every day.

*Check out page 129 in the Choosing Healthy Habits planner for more on limiting screen time and physical activity.

Grant Opportunity!

- **PE4life/Speed Stacks Sport Pack Grant:** Equipment for fitness, motor skills, patterning, sequencing, focus and concentration and much more! Deadline: One winner will be chosen each month from September 2019 - June 2020.
- **The Fruit Tree Planting Foundation:** Provides high-quality fruit trees and shrubs, equipment, on-site orchard design expertise and oversight, horticultural workshops, aftercare training and manuals. Rolling deadline.

HealthMPOwers Resource Highlight

**Choosing Healthy Habits Planner**

All students received a planner as a daily reinforcement, encouraging nutrition and physical activity behaviors. Teachers school-wide should complete weekly tips and challenges with their students. Health Education teachers will report use with their classes to HealthMPOwers.

Harvest of the Month Recipe

**Strawberry Lemon Mint Infused Water**

Ingredients:
- 5 lemons, sliced
- 1 lb of strawberries, sliced
- 10 mint sprigs
- 3 gallons of water (equivalent to 48 cups)

Instructions:
1. Wash fruit and mint leaves.
2. Place strawberries, lemons and mint in a pitcher.
3. Pour water over ingredients.
4. Chill or serve with ice.

For stronger flavor, muddle all of the ingredients together.

~For more information click here!

New Website Update!

HealthMPOwers is providing virtual learning resources for teachers and families to improve healthy eating, hand-washing and physical activity behaviors to improve health and fitness. Resources include videos, virtual lesson plans and activities that children and families can do at home. We hope these resources will help lessen the additional strain of having to create online lesson plans and give families more educational health activity options to do at home.

**Check it out!**

www.healthmpowers.org/services/resources/

**Resources**

VIRTUAL LEARNING