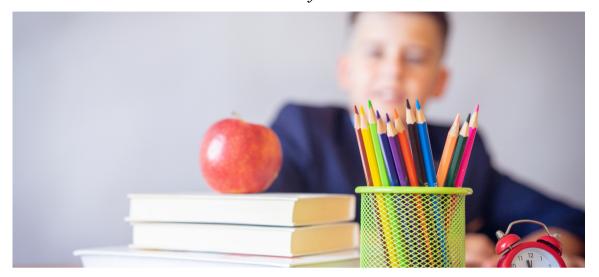
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Issue 2

CHARDON FOOD SERVICE NEWS LETTER

Monthly Newsletter



Student and Staff Wellness

SERVE UP A HEALTHIER YOU

TODAY'S 24/7 LIFESTYLE

Today's 24/7 lifestyles can leave many of us stressed out. Managing the stress can be made easier when we eat smart, move more and rest well. You can't get the benefits of one without the others.

ENJOY A BALANCED FITNESS ROUTINE

Build yourJust like balanced eating involves different food groups, a balanced fitness routine includes several related elements. Optimal fitness develops when you include some activities from all four elements

EAT SMART

Build your
healthy eating style on a
foundation of balanced meals.
Any smart meal starts with
healthy servings of colorful
fruits and vegetables, adds the
goodness of whole grains, and
includes the power of protein.
Smart eating deserves better
beverages - so drink milk with
your meals and water with
snacks

REST WELL

Surveys indicate
that Americans generally do
not get enough sleep, which
may contribute to a number of
existing problems. Getting
enough sleep (7 to 8 hours for
adults, more for children

MOVE MORE

The key to
getting active and staying
active at any age is enjoyment.
When you play hard and have
fun, you are more likely to
make physical activity an
everyday habit. Both children
and adults need plenty (adults 30 minutes most days of the
week, children - 60 minutes
per day) of active playtime biking, walking, dancing,
swimming, skiing, rollerblading
and general running around.



IT'S ALL ABOUT BALANCE: EAT SMART AND MOVE MORE

JOSEPHINE CULLITON SNS