

# 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 your Just 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

