

### Move 1 hour & limit screen time every day!



- **Get Social** – Play outside with friends and family
- **Optimize Learning** – Brain breaks during the day
- **Limit Screen Time** – Put down your phone or video game and go outside
- **Physical Activity** – Add aerobic, flexibility and muscular fitness activities during the week

### Benefits of Physical Activity

- Strengthens the heart
- Controls Weight
- Regulates Blood pressure
- Helps prevent cancer

### Family Activity!

*Flexibility* is the range of motion possible at a joint. As a family, increase your flexibility by adding 5 minutes of stretching activities each morning and each evening.

Set a goal to complete this challenge at least 3 days a week!

## Harvest of the Month: Squash



### Benefits:

- **Squash** is a good source of vitamin A, vitamin C and fiber
- **Squash** contains no fat, saturated fat or cholesterol

### Buying Tips:

1. Select **squash** that are dull in color and heavy for their size
2. Avoid **squash** with soft spots or cracks

Share your family activities on social media!



@HealthMPowers

Sign up for our weekly Wellness Text Messages!

Elementary: Text EAT to 833-369-3547  
Secondary: Text MOVE to 833-369-3547



This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.