

Week	Weekly Health Goals	Month	Themes/Connections	Physical Activity Resources: June, July & August	Nutrition Education Resources: June, July & August
One	Get at least 60 minutes of physical activity each day	June	National Fresh Fruit and Vegetable Month; http://healthymeals.nal.usda.gov/features-month/june/national-fresh-fruit-and-vegetable-month	PRESIDENTIAL ACTIVE LIFESTYLE AWARD + (PALA+) – Promotes physical activity and good nutrition. Sign up for the six week program online. Anyone age 6 and older can sign up online. https://www.presidentschallenge.org/index.shtml	TEAM NUTRITION – http://www.fns.usda.gov/team-nutrition Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Some Team Nutrition resources we especially like:
Two	Learn how to read nutrition labels and use information to make healthy choices		National Dairy Month; http://www.nationaldairycouncil.org/PressandMedia/Pages/NationalDairyMonth.aspx	WALK ACROSS TEXAS (WAT) – A FREE 8 week program designed to help Texans establish the habit of regular physical activity. Provides lessons plans in all subject areas for grades K-10 which reinforce being physically active and making healthy choices. http://walkacrosstexas.tamu.edu/getting-started/teachers-with-student-class-teams.php	For elementary age: <i>Serving Up MyPlate: A Yummy Curriculum</i> http://teamnutrition.usda.gov/Resources/servingup-myplate.htm
Three	Eat a rainbow: choose vegetables and fruits which are different colors Make half your plate fruits and vegetables (National Fruit and Vegetable Month)		Great Outdoors Month; http://www.nwf.org/News-and-Magazines/Media-Center/News-by-Topic/Get-Outside/2011/06-03-11-Great-Outdoors-Month.aspx	ACTIVE LIFE – ACTIVE Life After School offers curriculum which teaches children the importance of nutrition and being physically fit. The goal is to foster healthy nutrition and athletic growth for all students. By registering your organization you will get access to free training and resources. http://www.activelifehq.org/active-life-after-school	For pre-teens/tweens: <i>The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions</i> http://teamnutrition.usda.gov/Resources/power_of_choice.html
Four	Make at least half your grains whole grains Choose fat-free or low-fat (1%) milk, yogurt & cheese (National Dairy Month)		National Yo-Yo Day 6/6; Fly a Kite Day 6/15 Fresh Vegetable Day 6/17; Eat Your Veggies Day 6/17; World Sauntering Day 6/19; Juneteenth 6/19; http://www.altiusdirectory.com/Society/juneteenth-festival.php	POWER UP ACTIVITY BOOKLET – This booklet provides kid-friendly activities for kids. The booklet covers stretching, cardio and strength training. ReadySetBlast.org	For teens: <i>Empowering Youth with Nutrition & Physical Activity</i> http://teamnutrition.usda.gov/Resources/empoweringyouth.html ACTIVE LIFE – ACTIVE Life After School offers curriculum which teaches children the importance of nutrition and being physically fit. The goal is to foster healthy nutrition and athletic growth for all students. By registering your organization you will get access to free training and resources. http://www.activelifehq.org/active-life-after-school

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Five	Get 8 hours of sleep each night	July	<ul style="list-style-type: none"> National Picnic Month; National Recreation and Park Month; National Baked Beans Month; National Ice Cream Month; National Safety Month http://www.healthfinder.gov/nho/JulyToolkit.aspx	<p>PRESIDENTIAL ACTIVE LIFESTYLE AWARD + (PALA+) – Promotes physical activity and good nutrition. Sign up for the six week program online. Anyone age 6 and older can sign up online.</p> <p>https://www.presidentschallenge.org/index.shtml</p> <p>WALK ACROSS TEXAS (WAT) – A FREE 8 week program designed to help Texans establish the habit of regular physical activity. Provides lessons plans in all subject areas for grades K-10 which reinforce being physically active and making healthy choices.</p> <p>http://walkacrosstexas.tamu.edu/getting-started/teachers-with-student-class-teams.php</p> <p>ACTIVE LIFE – ACTIVE Life After School offers curriculum which teaches children the importance of nutrition and being physically fit. The goal is to foster healthy nutrition and athletic growth for all students. By registering your organization you will get access to free training and resources.</p> <p>http://www.activelifehq.org/active-life-after-school</p> <p>POWER UP ACTIVITY BOOKLET – This booklet provides kid-friendly activities for kids. The booklet covers stretching, cardio and strength training.</p> <p>ReadySetBlast.org</p>	<p>TEAM NUTRITION – http://www.fns.usda.gov/team-nutrition Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Some Team Nutrition resources we especially like:</p> <p>For elementary age:</p> <ul style="list-style-type: none"> <i>Serving Up MyPlate: A Yummy Curriculum</i> http://teamnutrition.usda.gov/Resources/servingup-myplate.htm <p>For pre-teens/tweens:</p> <ul style="list-style-type: none"> <i>The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions</i> http://teamnutrition.usda.gov/Resources/power_of_choice.html <p>For teens:</p> <ul style="list-style-type: none"> <i>Empowering Youth with Nutrition & Physical Activity</i> http://teamnutrition.usda.gov/Resources/empoweringyouth.html <p>ACTIVE LIFE – ACTIVE Life After School offers curriculum which teaches children the importance of nutrition and being physically fit. The goal is to foster healthy nutrition and athletic growth for all students. By registering your organization you will get access to free training and resources.</p> <p>http://www.activelifehq.org/active-life-after-school</p>
Six	Drink 8 glasses of water a day				
Seven	Try a new stress reliever activity such as yoga, stretching or relaxation techniques				
Eight	Try having no caffeine in foods or drinks	August	<ul style="list-style-type: none"> Independence Day 7/4; Summer Learning Day 7/21; National Parents' Day (Fourth Sunday in July) Move-It Mondays Try It Tuesdays Wacky Wednesdays Think Positive Thursdays Fun Fridays 		
	Try adding 15 extra minutes of activity each day				
Nine	Eliminate sodas and/or sugary drinks	August	<ul style="list-style-type: none"> National Immunization Awareness Month National Friendship Day (First Sunday in August) <p>http://www.healthfinder.gov/nho/AugustToolkit.aspx</p> <p>http://www.altiusdirectory.com/Society/friendship-day.php</p>		
Ten	Choose lean proteins				
	Reduce screen time to 1 hour a day				
Eleven	Eat one vegetarian meal a day		<ul style="list-style-type: none"> Move-It Mondays Try It Tuesdays Wacky Wednesdays Think Positive Thursdays Fun Fridays 		