

10x2.

In bowling, a strike – when you knock down all 10 pins with your first ball – is the perfect shot. Well, here's a simple way to **roll a wellness "strike" twice a day, every day**. First, add just **10 minutes of daily exercise** to whatever you're doing now. If you don't exercise at all, just do 10



the big number

17

On average, American adults spend 17 minutes per day doing fitness-related activities.

minutes of vigorous walking a day. If you already exercise a half-hour a day, stretch it to 40 minutes. Second, **get to bed just 10 minutes earlier than usual** – be honest with yourself: if you're normally in bed by 10, shoot for 9:50. 10 more minutes of exercise each day. 10 more minutes in bed each night. **Easy formula for improved wellness, right?** Who knows – the extra rest and activity might even improve your bowling game!

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"10 x 2"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

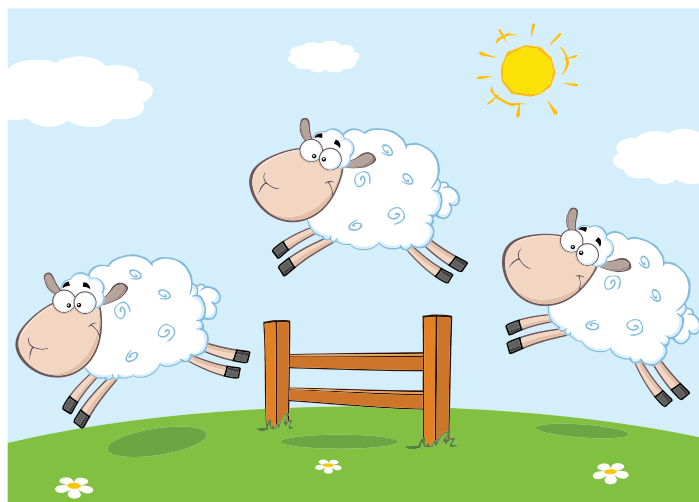
ALMONDS

You may have heard that President Obama likes to snack on almonds before bed. As it turns out, that's not a bad sleep strategy. Almonds contain tryptophan and magnesium, both of which promote relaxation and sleepiness.



LIVE HEALTHIER

You don't have to lie in bed and count sheep to get to sleep 10 minutes earlier – that extra 10 minutes of exercise you got during the day should help do the trick. The more you exercise, the better you sleep!



PLAY HARDER

OK, so exercise affects sleep quality – but it works the other way around, too. That extra 10 minutes of sleep can increase your physical ability as well. A study at Stanford found that simply by increasing sleep, athletes sprinted faster, had better endurance, lowered their heart rates, and overall felt stronger during their workouts.



LEARN EASIER

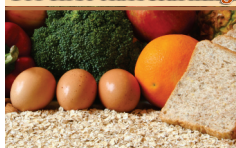


Just a little extra sleep each day nourishes the body – and the mind. Sleep researchers estimate that a mere 10-20 minutes more nightly sleep can boost mental performance significantly. Even a very short daily nap can help

First
things
First



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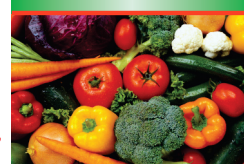
School Meals
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

For example, all of the meals we serve for breakfast and lunch must include fruit or vegetable servings.



DON'T 4GET!
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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This newsletter is provided as a wellness resource by our school system's School Meals Program