

# September 2011

This month's *healthy habit* is:

*Respect your body by eating a variety of healthy foods every day!*

- Fill half your plate (or tray!) with fruits and veggies.
- Refresh yourself with water throughout the day.
- Hunt for whole grains when you're hungry.
- Balance food with fun, get active every day.

**Show your body even more respect— get moving!**

Use this calendar to mark each day that your class does at least **10 minutes of physical activity** through energizers, active lessons and other classroom activities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	