

# May 2012



This month's *healthy habit* is:

***Have integrity! Be the healthiest you can be!***

- Having integrity with your health means taking care of yourself in every possible way!
- Does summer mean a vacation from doing what you can for your health? No! It's a great time to practice all the important things you've learned this year.

## Get ready to move this summer!

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	31		