

June 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