

Principal:

School:

**April's Healthy Habits Campaign Message is:
Use perseverance to achieve your physical activity goals!**

Physical activity is an important part of a healthy lifestyle. Engaging in physical activity has lifelong health benefits. It supports heart health, helps with weight management, and helps to build endurance, flexibility, and strength.

Turn this page over to find ideas for including messages about physical activity and perseverance in your daily announcements.

The key points to focus on this month are:

- **Having goals can help you accomplish the things you want to do.** In order to run faster, get stronger, or be better at your favorite sport, sometimes setting a goal can help you get there.
- **With perseverance you can reach your goals.** Sometimes things stand in your way when you're trying to reach your goals, but if you know you can overcome these challenges, you can accomplish the things you want to do!
- **Perseverance can help you achieve your physical activity goals, even when they feel challenging or frustrating!**

For more information about helping students be physically active, take a look at:

The Let's Move campaign - <http://www.letsmove.gov/>

Fuel Up to Play 60 - <http://www.fueluptoplay60.com/>

Thank you for your help promoting the health of Chatham County's students!

Morning/Afternoon Announcements Ideas

Use these announcements throughout the month to call attention to April's healthy habit. Use the messages below or ask your students to write some for you!

This month's healthy habits campaign message is, "Use perseverance to achieve your physical activity goals." We'll be learning about physical activity and about how sticking to a goal can help us stay healthy or get better at a favorite sport or activity.

- Getting 60 minutes of exercise every day helps us feel good- it helps our bodies stay healthy and our minds stay sharp, and it's fun!
- Perseverance basically means sticking with an activity or a goal that you want to accomplish, even if the going gets tough. It's a trait that can help us in lots of different situations that come up in class, at home, and on the playground or sports field.
- Sometimes it can be really tiring going out for a jog or playing a sport, and sometimes it can even make your muscles feel sore afterwards. But, if you show perseverance and exercise every day despite these challenges, your heart and your muscles will get stronger, you'll get more fit, you'll stop feeling so tired and sore, and exercising will be even more fun!
- Think about a great athlete you admire. He or she did not get to be great at his or her sport without perseverance. It takes lots of practice to become great at anything and usually there will be some barriers and challenges along the way that you will have to get past.
- To accomplish anything big, it's good to set a goal and make a plan for yourself for how you will reach your goal. Most goals take a few steps and some effort to reach, so you'll need some perseverance to stick with it.
- Perseverance takes courage. For example, when you're learning to ride a bike, it's not always easy to get back on your bike after you've fallen, it might even seem scary. But, having the courage to get back on and try again is the only way that you will one day be able to go on a fun bike ride with friends.