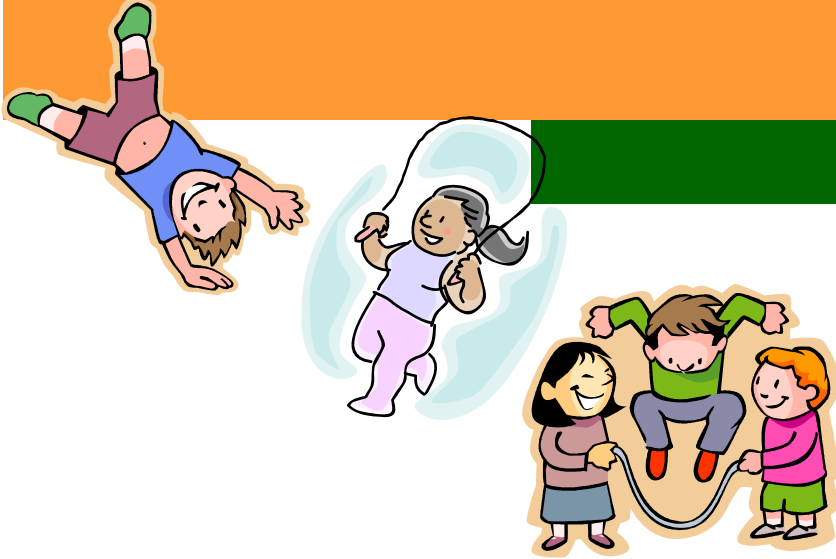


March 2012

This month's *healthy habit* is:



Understanding how to balance food and play every day!

- Find a way you like to be active, and grab a friend to join you!
- Take energy in with healthy meals and let energy out by running, jumping or dancing!
- Doing all three “components of exercise” this week will make you feel your best!

Eat well and 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	31