

Inspirational Signs



Are you looking for health promotion signage for your school? Display these motivational signs around your campus to inspire students, parents and staff members to live an active and healthy lifestyle. There are six different fact sheets that can be rotated throughout the school year. You can even get your students involved and have them design inspirational messaging that can be displayed in the school.

In addition, the Centers for Disease Control and Prevention has developed motivational signs to encourage taking the stairs, increasing movement, and learning how to be healthy. The signs can be printed and displayed in hallways, near stairwells, in the cafeteria, common places students congregate, or anywhere on your campus.

Center for Disease Control and Prevention: Motivational Signs

http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/motivational_signs.htm#MessageIdeas.

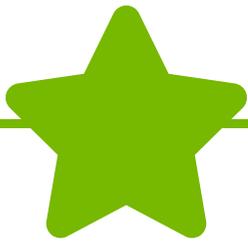
Healthy ZONE

a program of

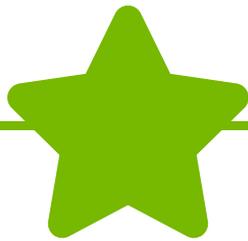


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Did You Know?



Physical activity can give you a better attitude and extra energy boost during the day.



Fresh fruits and veggies provide important nutrients to keep your body healthy.



Being physically active helps you have stronger muscles and bones.



Be active for at least 60 minutes each day!



Drink Water!
70% of your body is made up of water.



Children should aim to spend less hours sitting and more hours moving.

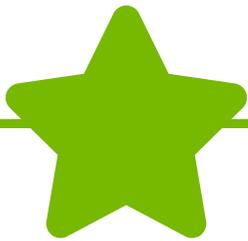
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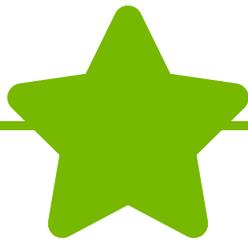


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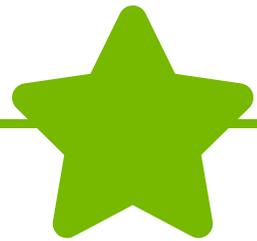
Did You Know?



Be Active!
Take the stairs instead of the elevator.



Choose whole grains over white and processed breads.



Wash your hands often to avoid sickness and prevent spreading germs.



20 minutes of activity before starting homework can help improve concentration.



During the holidays, try choosing fresh fruit over candy.



Without physical activity, we are more likely to develop chronic diseases later in life.

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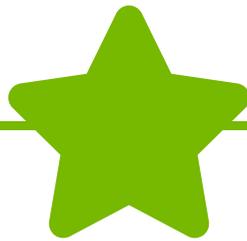


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Did You Know?



Use FitnessGram to set fitness goals for each semester.



Set SMART Goals:
Specific
Measurable
Attainable
Realistic
Timely



Skip the soda and juice! Aim to drink water and low-fat dairy products.



Be active for 60 minutes each day! Try breaking it up into 20 minute increments.



One can of soda can have over 39 grams of sugar. That's 10 sugar cubes!



Instead of drinking fruit juice, eat fresh, whole fruit when possible.

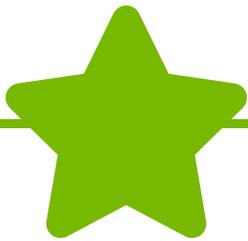
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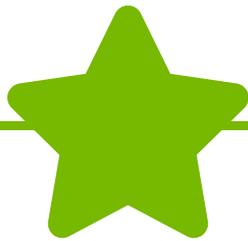


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Did You Know?



If you play video games, try and choose active ones, like Wii Fit or dance games.



Walk or bike to school when possible!



In class brain breaks are a great way to get extra activity & boost brain power!



Get the whole family involved! Sign up to walk or run a local 5K race.



Eating breakfast builds better bodies and provides brain power!



Make half your plate fruits and veggies.

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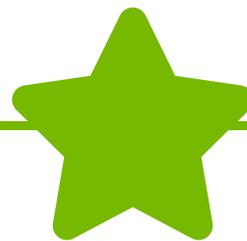
Did You Know?



Kids that eat breakfast have higher test scores and miss less school.



Instead of bringing cupcakes for a school party, bring in healthy options like pretzels or fruit.



Set short term and long term fitness goals to help you improve on your FitnessGram test.



If you don't have time to eat breakfast at home, try school breakfast!



You don't have to be an athlete to get active! Try running, dancing, yoga or even walking the dog.



Keep track of your activity levels for a challenge! Try an activity log, pedometer, or activity tracker.

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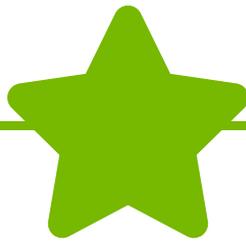


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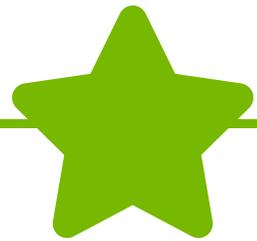
Did You Know?



Talk to your teacher about starting a classroom fitness challenge!



Feeling stressed?
Kids can get stressed too!
Exercise is one of the best ways to manage stress levels.



Be a healthy school campus!
Talk to your friends about the importance of a healthy lifestyle.



Add flavor to your water by adding frozen fruit slices, or freeze 100% fruit juice ice cubes.



Don't forget to stretch before and after exercise. Flexibility is an important component of FitnessGram.



Feeling tired at home? Do jumping jacks in between TV breaks or homework!