

Healthy ZONE

a program of



DECEMBER 2017 NEWSLETTER

The Healthy Zone School Recognition Program[®] was created as a joint collaboration between The Cooper Institute & United Way of Metropolitan Dallas in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors.



60 MINUTES
PER DAY IS THE RECOMMENDED
PHYSICAL ACTIVITY TIME FOR
CHILDREN AND ADOLESCENTS.



37.4%

Only 37.4% of children
participate in daily
physical activity.

12 WAYS TO HAVE A HEALTHY HOLIDAY SEASON

The holidays are in full swing, and that means taking extra care of your health to ensure that you don't miss a thing.

From managing stress to staying active, the Centers for Disease Control shares 12 ways to have a healthy holiday season.

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HEALTHY ZONE SCHOOL SPOTLIGHT



Akin Elementary of Wylie ISD is making an effort to keep their students and staff hydrated throughout the school day with their new water bottle refilling stations.

While on campus, students and staff are encouraged to drink a minimum of six cups of water each day and regularly refuel at the water stations.

In order to maximize the use of their new equipment and spread awareness about the

importance of hydration, Akin's staff plans to coordinate drinking challenges and keep track of school-wide water consumption.

Special thanks go to the Akin PTA for providing the water filling stations and supporting the health and wellness of their students.

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HEALTHY CLASSROOM CELEBRATIONS

The holiday season is here, and for most schools this likely means at least one or two in-class or school-wide celebrations will take place.

Traditionally, birthday and holiday celebrations are centered on sweet and savory foods. While foods like cupcakes, cookies, and chips may be consumed in moderation, it's also important for students to have access to healthier options or even non-food options and rewards.

[Action for Healthy Kids®](#) provides great tips and resources on healthy [food ideas](#), [non-food rewards](#), and much more.

[Click here](#) to read more and get ideas about what healthy items you can bring to your upcoming holiday celebration.



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YOUTH FIT TIP - MUSCULAR ENDURANCE



Abdominal strength and endurance are important components of musculoskeletal fitness, which helps us perform daily tasks more easily, reduces the risk of injury, and improves abdominal and back health.

FitnessGram focuses on the Curl-Up test to assess abdominal strength and endurance, and in this month's Youth Fit Tip, The Cooper Institute's Dr. Andjelka Pavlovic walks us through some creative plank exercises designed to target the core musculature.

Try integrating this innovative strategy to help your students improve their FitnessGram® curl-up scores!

[WATCH VIDEO](#)

WHY YOU SHOULD BE NUTS OVER NUTS THIS HOLIDAY SEASON

Health-conscious parents and caregivers are always on the lookout for appropriate snacks for kids. When it comes to dietary 'good fats' and 'bad fats,' there's a lot of myth and misinformation swirling around.

During the holidays, celebrations and gatherings are happening left and right, and a staple of any holiday get-together is a dish of nuts - mixed, roasted, salted, you name it! In this month's blog, we take a careful evidence-based look at the role that nuts can play in a healthful diet for kids as well as adults.



Click to read more good news for nut-lovers!

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HEALTHY ZONE APPLICATION



Are any schools in your neighborhood, local community, or district interested in receiving up to \$7,000 in funding, recognition for establishing healthy practices school-wide, as well as guidance and expertise from The Cooper Institute and the United Way of Metropolitan Dallas?

Perhaps you've shared your personal program experience with fellow colleagues, students from other schools, or friends, and they've expressed interest in the program.

Well now is their opportunity to get in on the action!
The Healthy Zone Recognition Program application is now open for the 2018-2019 school year.

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