

Healthy ZONE

a program of



NOVEMBER 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.

HEALTHY ZONE SCHOOL SPOTLIGHT - SUPER SPECIAL CLUBS

First year Healthy Zone School, Coy Miller Elementary of Frisco ISD, is off to a super start with their new programming.

Super Specials Club (SSC) is a new program being offered at Miller which gives the Arts, Music, and Physical Education (AMP) Team an opportunity to provide extensions and enrichment to students.

Each department has developed a plan to incorporate activities where students will gain additional skills and knowledge.



Based on student input, some of the clubs include Miller Movers, Jammin' Jumpers, Play 60 Challenge Team, and Blast.

[Check out the Healthy Zone School website to read on...](#)

[READ MORE](#)

STRATEGIES FOR SUCCESS



Posting Healthy Signage

Displaying colorful, fun, and informative visual aids throughout the halls of your Healthy Zone campus, or at home are a simple way to promote and encourage healthy eating habits, physical activity, anti-bullying, and more.

Healthy signage can line the walls of your school's cafeteria, main office, gym, and even classrooms.

Parents can also utilize visual aids to remind their children about the importance of the healthy behaviors by adding notes to their lunch boxes.

In addition to Healthy Zone [resources](#), the Centers for Disease Control and Prevention has printable one-pagers on topics like [hand washing](#), [hydration](#), [hygiene etiquette](#), and more which can easily be added to a lunch box, posted on campus, or distributed.

In case you missed it!

Akin Elementary shares great ideas on [Healthy Morning Announcements](#) and Curtsinger Elementary started an [annual 5K](#) that began as a finally to their running club.

Keep up the great work! For more tips, stories and strategies for success, visit the Healthy Zone School website today!

[READ MORE](#)

YOUTH FIT TIP: ENHANCED CARDIO STRATEGIES (PART 2)

Aerobic capacity is a critically important component to overall health-related fitness in youth. Are you incorporating the best strategies to help your students achieve the Healthy Fitness Zone® in aerobic capacity?



Check out Part 2 of our Cardio Strategies series for fun, effective activity ideas that get kids of all ages moving with little to no equipment.

Incorporate these creative cardio strategies into circuit training sessions by alternating one minute of cardio exercise with one minute of strength exercise.

Make sure to target all major muscle groups for a full body workout that will challenge muscular strength, muscular endurance, and aerobic capacity.

[WATCH VIDEO](#)

DIABETES AND YOGURT INTAKE - WHAT'S THE CONNECTION?

Rates of type 2 diabetes (T2D) have been skyrocketing worldwide over the past 3 decades, including sharp increases among youth.

In fact, it is estimated that T2D rates among [children increased 4.8 percent](#) annually from 2000 to 2009.

Along with avoiding obesity, which is associated with T2D and inactivity, consuming a healthy diet also appears to be an important component for T2D prevention.



Read on as we discuss some important findings from the Harvard School of Public Health on the associations between regular intake of yogurt and T2D.

[READ MORE](#)

NEW PARENT'S GUIDE FOR PHYSICAL EDUCATION FROM SHAPE AMERICA



The demands on teachers are great, but available support and resources may not always flow in tandem.

Parents can be an educator's biggest advocate and provide a voice to help ensure both teachers and students have the support and resources they need for an effective and quality physical education program.

SHAPE America recently released a new resource to share with parents that addresses important areas such as meeting guidelines on physical education and activity minutes, class size, administration participation and more. Building a healthier generation requires all facets of the community working together, and quality physical education is paramount to this endeavor.

[Getting to Know Your Child's PE Program: A Parent's Guide](#) is available online for free.

READ MORE

NOVEMBER EVENTS

November is a very busy month!

Check out the following awareness initiatives and events happening during November.

- National Diabetes Awareness Month



- [Eat Smart Month](#) with the American Heart Association



- [National Alzheimer's Disease Awareness Month](#)

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