

Healthy ZONE

a program of



The Cooper Institute
WELL INTO THE FUTURE.

Creating a Culture of Health

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.



[The Cooper Institute](#) and [United Way of Metropolitan Dallas](#) are excited that your school will be participating in the **Healthy Zone School Program** for the 2018-2019 school year.

The program recognizes, rewards, and supports schools that are making an effort to establish a culture of health and wellness. Throughout the school year, you can look forward to receiving a monthly newsletter that includes general health and wellness related information, fit tips, Healthy Zone school highlights and more.

Visit the Healthy Zone [website](#) to read previous newsletters and access resources.

[LEARN MORE](#)



MUSCULAR POWER FOR THE UPPER BODY

FIT TIP: Add Muscular Power Drills for Speed & Strength

As you plan your P.E. curriculum and conditioning programs for the coming year, consider adding muscular power drills into the mix.

So what is muscular power? While muscular strength refers to the maximum amount of weight lifted at one time; power refers to the proportional speed at which you can move that maximum weight. While many attributes of power, such as speed, acceleration and deceleration, are used in sports, they are equally as important in daily activities like standing up, stopping a fall, jumping, pushing a door, etc.

Use this Fit Tip to enhance performance in sports, fitness and activities of daily living.

POWER IS FOR EVERYONE



National Childhood Obesity Awareness Month

Join us in the fight against the childhood obesity epidemic. [National Childhood Obesity Awareness Month](#) provides communities around the nation with the opportunity to learn more about the public health issue that is affecting millions of young lives across the United States.

According to the [Centers for Disease Control and Prevention](#) (CDC), roughly 13.7 million children and adolescents, ages 2-19 years old are affected by obesity. Eating and physical activity behaviors are two of several contributing factors to childhood obesity that can be modified.

Visit the Healthy Zone website today to access a variety of resources related to [health](#), [nutrition](#) and [physical activity](#). You can also use this [toolkit](#) to get ideas and more information on how you can

help raise awareness about childhood obesity at school, in your community and on social media.

FREE RESOURCES



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.



Whole Grains Month

In addition to National Childhood Obesity Awareness Month, September is [Whole Grains Month](#).

In 2011, Boston-based nonprofit, OldWays Whole Grains Council, geared up to kick off its inaugural month-long celebration in an effort to educate the general public about the benefits of regular whole grain consumption.

Dr. Steve Farrell, PhD, FACSM of The Cooper Institute, suggests that families should strive to consume a healthy and balanced diet.

“Whoever does the grocery shopping in your household should be seeking out whole grain breads, cereals, rice, and pasta as opposed to their refined versions whenever possible,” said Dr. Farrell.

[Read more about whole grains and their dietary benefits below.](#)

LEARN ABOUT WHOLE GRAINS



IN CASE YOU MISSED IT!

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