



a program of



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.



Keep Kids Busy and Active During Holiday Gatherings

The holiday season is upon us! This wonderful time of year is filled with parties and families coming together to celebrate.

Are you looking for fun new activities to do as a family? Consider creating [activity bags](#) for your next holiday gathering!

You can create a bag for each person or a few for everyone to share. Fill the bags with items you find around the house, local dollar store, or online.

**BUILD YOUR OWN
ACTIVITY
BAGS**

- Class set of bags
- Jump ropes
- Small balls
- Activity cards
- Frisbee discs
- Ribbon wands
- Ring toss
- Exercise bands
- Juggling balls
- Pedometers

Visit US Games to start building your activity bags!

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To learn more about the Healthy Zone Program, visit our [website](#).

BUILD ACTIVITY BAG



The 10 Minutes of Aerobic Exercise Rule: Does it Still Apply?

Can you really get fit in only 10 minutes? For nearly a decade, we've heard that we can improve our fitness by incorporating moderate to vigorous aerobic activity throughout the day in as little as 10 minutes at a time.

A recent paper in the Journal of the American Heart Association examined whether or not this '10 minute rule' was still valid.

LEARN THE FACTS



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.

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International Youth Fitness Assessment: The Cooper Institute Leading the Way



Appropriate Warm-Up: Leave "Old School" Thoughts Behind



Strength Training for FitnessGram

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