

Families Making the Connection

Move More, Sit Less

Being active is one of the most important things all of us can do to improve health. The *Physical Activity Guidelines for Americans* have been updated to encourage us to move more and sit less. How can we do this?

Preschool children (3-5 years of age)

- Should be physically active throughout the day to enhance growth and development
- Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

School-age children (6-17 years of age)

- Should do 60 min/day of moderate to vigorous intensity aerobic activity
- Should include bone and muscle-strengthening activities 3 days/week
- Young people should have opportunities and encouragement to do activities that are age-appropriate, enjoyable, and varied.

Adults

- Should do at least 150-300 min/week of moderate OR 75 to 150 min/week of vigorous aerobic activity OR a combination
- Should do muscle-strengthening activities 2 or more days/week



Examples of activity

- Aerobic: Improves cardiorespiratory fitness (i.e., brisk walking, running, or bicycling)
- Bone-strengthening: Promotes bone growth and strength (i.e., jumping rope or running)
- Muscle-strengthening: Improves muscle strength, power and endurance (i.e., resistance training or weight lifting)

For more info, go to <https://bit.ly/2T9GK3V>.

Breakfast Menu for July 2019

Elementary & LFA (underlined>

Monday, July 1	Tuesday, July 2	Wednesday, July 3	Thursday, July 4	Friday, July 5
				
Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19
	WELCOME BACK STUDENTS	<u>Mini French Toast</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins Diced Pears Juice Milk	<u>Pancake Sausage Stick</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Cheese Grits w/ Bacon or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Applesauce</u> Juice Milk
Monday, July 22	Tuesday, July 23	Wednesday, July 24	Thursday, July 25	Friday, July 26
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Peaches</u> Juice Milk	<u>Mini Pancakes</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Yogurt w/ Cereal Bar</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Mixed Fruit</u> Juice Milk	<u>Chicken Biscuit</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Sausage Cheese Biscuit or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Pears</u> Juice Milk
Monday, July 29	Tuesday, July 30	Wednesday, July 31		
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Applesauce</u> Juice Milk	<u>Mini Pancakes</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Peach Yogurt Parfait</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Mixed Fruit</u> Juice Milk		

July

- National Parks and Recreation Month
- National Watermelon Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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