

# Healthy Kids Keeping Active

**Exercise:**  
60 minutes of exercise a day means go outside and play!

Exercise helps us live longer and happier lives. It gives us more energy, strength, and flexibility! Plus, exercise helps us maintain a healthy weight.

**ENERGY:**  
When your heart is strong, you have more energy to do fun stuff!

Aerobic exercise is very good for your heart and makes you sweat and breathe quickly. Some examples are: Basketball, running, tag, swimming, tennis and more!

**STRENGTH:**  
Certain exercises really make your muscles a lot stronger.

When your muscles are healthy and strong, you can run faster, lift heavy things easier, and feel better. Here are some activities that really work your muscles: swinging on the monkey bars, tug-of-war, and biking.

**FLEXIBILITY:**  
Being flexible means your body has a "full range of motion."

When you're flexible, you can move your arms and legs around freely without feeling any pain. Here are some great exercises that will make you flexible: dancing, yoga, karate, and gymnastics.

**BALANCE:**  
The Food Groups give your body fuel in the form of calories which give you energy!

It's important to use up the fuel that we put in our bodies by exercising everyday.

If we maintain a balance between how much we eat and exercise, we can maintain a healthy weight.



# GARDEN GRILL SEPTEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			CHICKEN FAJITAS WITH FRESH PEPPERS, ONIONS, RED BEANS, BROWN RICE AND CORN TORTILLAS. FRESH FRUIT SALAD BAR. MILK	TUNA SALAD SANDWICH ON WHOLE WHEAT WITH FRENCH STYLE POTATOES AND COLE SLAW. FRESH FRUIT SALAD BAR. MILK
<b>LABOR DAY</b> <b>NO SCHOOL</b>	ROAST TURKEY WITH MASHED POTATOES, YELLOW CORN AND A DINNER ROLL. FRESH FRUIT SALAD BAR. MILK	GRILLED CHEESE SANDWICH ON WHOLE WHEAT WITH TOMATO SOUP. FRESH FRUIT SALAD BAR. MILK	CHICKEN CHOW MEIN WITH ORIENTAL VEGETABLES. FRESH FRUIT SALAD BAR. MILK	CHILE CON CARNE MADE WITH FRESH ROMA TOMATOES, BROWN RICE AND CORN BREAD. FRESH FRUIT SALAD BAR. MILK
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
BAKED ZITI WITH MARINARA, FRESH ZUCCHINI, AND GARLIC BREAD. FRESH FRUIT SALAD BAR. MILK	BBQ BEEF BRISKET WITH YAMS, FRESH BROCCOLI AND A DINNER ROLL. FRESH FRUIT SALAD BAR. MILK	BEAN AND CHEESE BURRITO WITH FAT FREE REFRIED BEANS, BROWN RICE AND FRESH PICO DE GALLO. FRESH FRUIT SALAD BAR. MILK	SHEPPARDS PIE WITH CORN, POTATO AND A DINNER ROLL. FRESH FRUIT SALAD BAR. MILK	BAKED HAM WITH FRESH PINEAPPLE, MAC AND CHEESE, AND GREEN BEANS. FRESH FRUIT SALAD BAR. MILK
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
BEEF STEW WITH CARROTS, CELERY, POTATOES, AND A DINNER ROLL. FRESH FRUIT SALAD BAR. MILK	TACO TUESDAY CHOICE OF CHICKEN OR BEEF WITH FAT FREE REFRIED BEANS, BROWN RICE AND FRESH SALSA. FRESH FRUIT SALAD BAR. MILK	VEGETABLE LASAGNA WITH FRESH VEGETABLE MARINARA AND GARLIC BREAD. FRESH FRUIT SALAD BAR. MILK	CARNE ASADA WITH RED BEANS, BROWN RICE AND TORTILLAS. FRESH FRUIT SALAD BAR. MILK	HEALTHY KIDS PIZZA CHOICE OF: VEGETABLE OR TURKEY PEPPERONI. FRESH FRUIT SALAD BAR. MILK
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
BEEF AND BROCCOLI STIR FRY WITH ORIENTAL VEGETABLES AND BROWN RICE. FRESH FRUIT SALAD BAR. MILK	CHICKEN PARMESAN WITH ROTINI, FRESH VEGETABLE MARINARA, AND GARLIC BREAD. FRESH FRUIT SALAD BAR. MILK	SLOPPY JOES WITH POTATO SALAD AND ROASTED CARROTS. FRESH FRUIT SALAD BAR. MILK	<b>NO SCHOOL</b> <b>CONFERENCES</b>	<b>NO SCHOOL</b> <b>PROFESSIONAL DEVELOPMENT</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

# Healthy Kids SPORTS Word Search Puzzle

L W S E S S O R C A L O I F N N E  
F L R U I L U S L L L L O N B E V  
L E A N R N L L R L B O W L I N G  
O B N B N F A A A A T P Q H L S N  
G E A I T B I B B B U Y I S L K I  
T T N D D F Y N A T R B T A I A H  
L G E N M E O L G E E G E O A T S  
L T A K L I L S H K C U O Q R I I  
A H A L C G N C N S C R Q S D N F  
B D O Q N I R T U A O I O C S G C  
E V T I D A R T O B B E R R A S Y  
S N X A R E N C I N G E C V E R C  
A O R G N I D R A O B E T A K S L  
B T W R E S T L I N G N I K S I  
S R W I A L A I A J R E C C O S N  
H O C K E Y S W I M M I N G I N G

## Sports

- Archery
- Badminton
- Baseball
- Basketball
- Billiards
- Bocce
- Bowling
- Boxing
- Cricket
- Croquet
- Cycling
- Fencing
- Fishing
- Football
- Golf
- Handball
- Hockey
- Lacrosse
- Racquetball
- Rugby
- Running
- Skateboarding
- Skating
- Skiing
- Soccer
- Softball
- Squash
- Surfing
- Swimming
- Tennis
- Volleyball
- Wrestling



Fall Season Begins  
on September 23th

