

Move 1 hour & limit screen time every day!



- **Get Social** – Play outside with friends and family
- **Optimize Learning** – Brain breaks during the day
- **Limit Screen Time** – Put down your phone or video game and go outside
- **Physical Activity** – Add aerobic, flexibility and muscular fitness activities during the week

Harvest of the Month: Squash



Benefits:

- **Squash** is a good source of vitamin A, vitamin C and fiber
- **Squash** contains no fat, saturated fat or cholesterol

Buying Tips:

1. Select **squash** that are dull in color and heavy for their size
2. Avoid **squash** with soft spots or cracks

Benefits of Physical Activity

Strengthens the heart
Controls Weight
Regulates Blood pressure
Helps prevent cancer

Family Activity!

Flexibility is the range of motion possible at a joint. As a family, increase your flexibility by adding 5 minutes of stretching activities each morning and each evening.

Set a goal to complete this challenge at least 3 days a week!

**Share your family activities
on social media!**



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Sign up for our weekly Wellness Text Messages!

Elementary: Text EAT to 833-369-3547
Secondary: Text MOVE to 833-369-3547