

## Join the Healthy Monday Campaign

Research results have indicated that people are more likely to change their behavior on Monday. For many people the beginning of the week is an ideal time to start an exercise program, improve their eating behaviors or quit smoking. This month we are encouraging all students to embrace Mondays and commit to becoming more active. This involves trying a variety of activities to help boost overall fitness, including walking, jumping rope, riding bikes, playing hopscotch and more.

*my*  
**Mondays**

We are encouraging families to embrace the Move It Monday's campaign. Move It Monday's is an international movement to help people improve their personal health with physical activity. It is an initiative of The Healthy Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. The health benefits linked to physical activity include enhanced energy, better concentration, reduced risk of heart disease and diabetes, better weight management and a more positive mood. *Be more active today!*



USDA is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffplayground.com](http://www.liftoffplayground.com)



### How can you improve your level of fitness? The FITT Principle



**Frequency** - how often you perform an activity. The general recommendation is to be active most days of the week.

**Time** - how long you perform the activity. For example, flexibility or stretching may take 10-30 seconds for each stretch, however for aerobic activity, or activity that gets your heart beating faster, 30 to 60 minutes is ideal.



**Intensity** - how hard you exercise during an activity. Heart rate is one way to gauge intensity during aerobic endurance activities. Target heart rates (THR) vary with age and level of fitness. Ask your doctor to help you determine your THR.



**Type** - the specific activity you chose to improve your fitness. For cardiovascular benefit and weight management, aerobic activities that use large muscle groups are best. This includes walking, swimming and biking.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>

#### 2011 Future Chef Finalist Cinnamon Tango

Dylan Waggoner - Eugene, OR

Yields: 4 servings

4 crispy flat corn tostada shell  
1/2 cup refried pinto beans  
1/4 cup tomato, diced  
1/2 cup lettuce, shredded  
2 cups mango, diced  
1/2 tsp white granulated sugar  
1/2 tsp cinnamon

Directions: Gently spread beans on tostada shell. Microwave for 1-1/2 to 2 minutes. Top beans with tomatoes and lettuce. Sprinkle top with cinnamon and sugar mixture. Garnish with mango and enjoy!

Nutrition information for one serving:  
187 calories; 4.7g total fat, 35g total carbohydrates, 5.1 g dietary fiber, 3.3g protein and 227mg sodium.

#### Pre-Paid Lunch Form One child per form!

Return this form, with the *Please check a box for full-price pre-paid lunches* amount owed, in a sealed 5 Lunches 10 Lunches 20 Lunches 25 Lunches envelope to your child's \$12.00 \$24.00 \$48.00 \$60.00

teacher. Put your child's name on the envelope **Make checks payable to: Helen Morgan CAFETERIA**

Child's Name \_\_\_\_\_

Teacher \_\_\_\_\_

Grade \_\_\_\_\_ Today's Date \_\_\_\_\_

**OR PAY ON-LINE <http://www.mymealtime.com>**