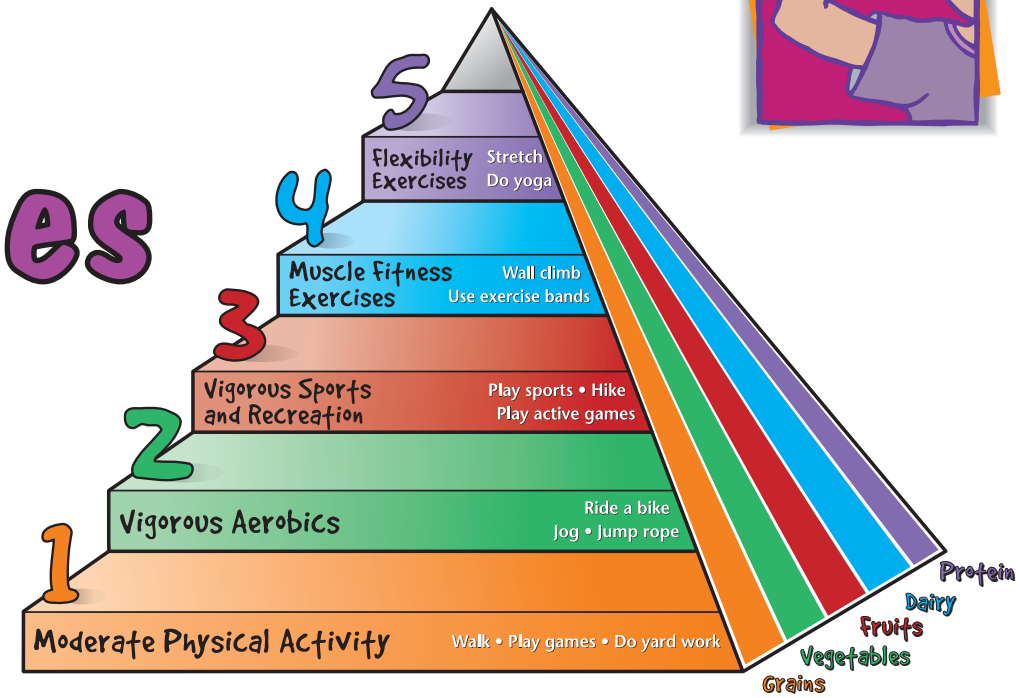
WELLNESS WEEK 4 SIGNS

The signs in this file relate specifically to the themes and messages for Wellness Week 4. On each page of this file is a different sign related to physical activity and nutrition. The messages and concepts contained in the signs are discussed in the classroom and in physical education class and are included in video messages. Posting signs on school bulletin boards and in the hallways will help reinforce these important nutrition and physical activity messages and concepts. Following are some general guidelines for using the signs.

- Look through all of the signs before making choices.
- Consider printing all signs at once and saving in a folder. You may choose to select only a few signs for each Wellness Week each year.
- Post on school bulletin boards and in hallways.
- Consider putting designated classes in charge of creating specific bulletin boards using the signs.
- Students are learning concepts related to these signs. Posting them will reinforce concepts students learn in the various **FFL: Elementary** activities.

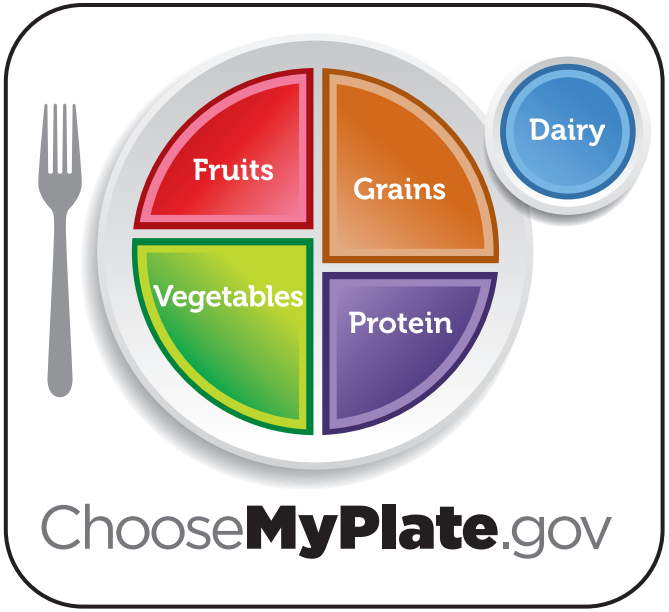
FITNESS FOR LIFE Elementary School

Physical Activity Pyramid: Do activities from all the steps!



FITNESS FOR LIFE Elementary School

Eat all of the colors in MyPlate!



FITNESS FOR LIFE Elementary School

If you don't take care of your body, where will you live?

FITNESS FOR LIFE Elementary School

Get off your seat and move your feet!

FITNESS FOR LIFE Elementary School

Get up, get moving, and have some fun.

It helps your brain when you get out and run!

FITNESS FOR LIFE Elementary School

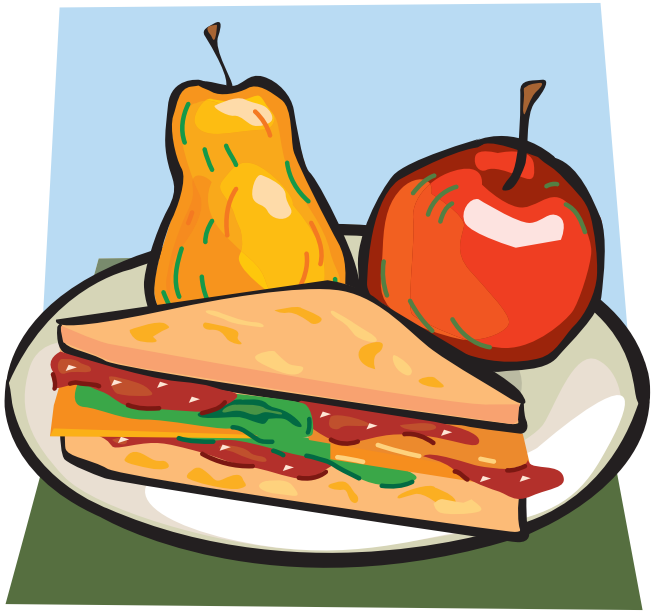
Play lots, learn lots!

FITNESS FOR LIFE Elementary School

Play every day, sun or rain. Playing is good for your brain!

FITNESS FOR LIFE Elementary School

Healthy foods help us move! Choose your foods wisely!

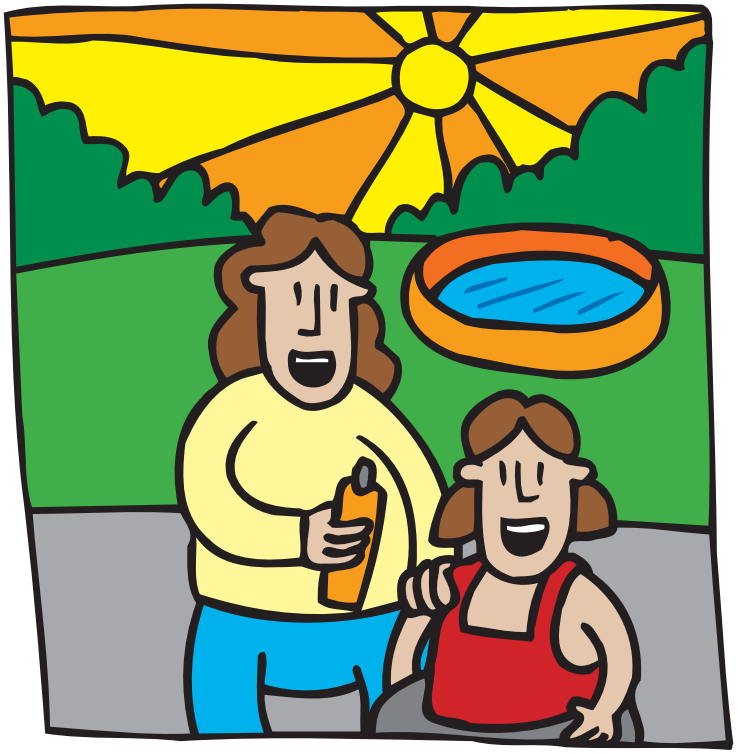


FITNESS FOR LIFE Elementary School

Be water wise!

FITNESS FOR LIFE Elementary School

Be sun wise!



FITNESS FOR LIFE Elementary School

If you want to do better than before,

make a plan to practice more!

FITNESS FOR LIFE Elementary School

When we play and train, we build our brains!

FITNESS FOR LIFE Elementary School

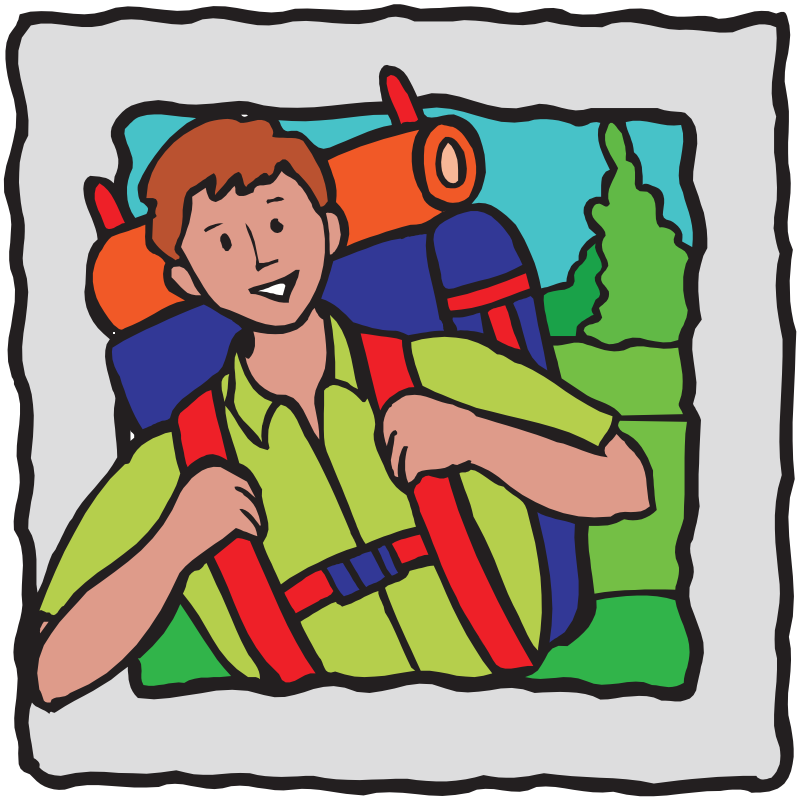
Combine skills to have some fun!

FITNESS FOR LIFE Elementary School

Energy in (the food we eat)
— energy out
(how much we move)
= a healthy body

FITNESS FOR LIFE Elementary School

To play your best, drink water at every rest!

FITNESS FOR LIFE Elementary School

Personal fitness starts with me!