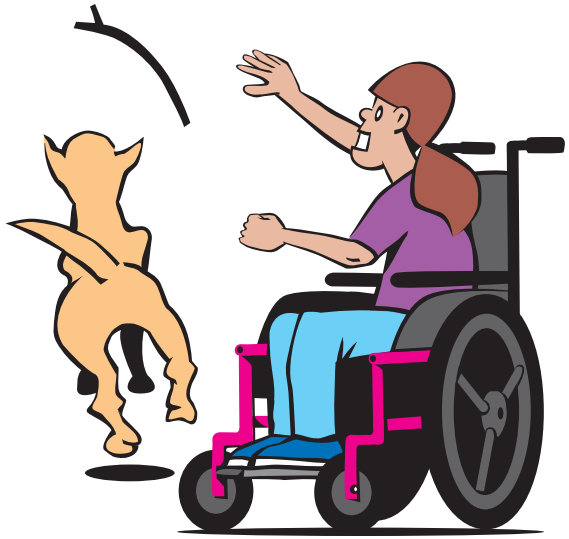
WELLNESS WEEK 1 SIGNS

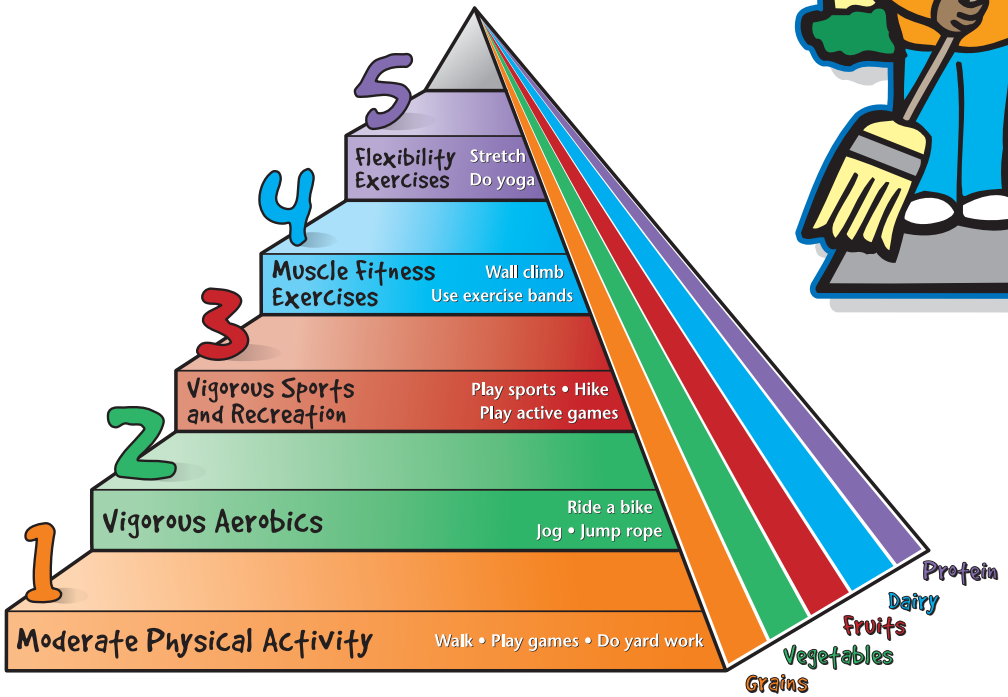
The signs in this file relate specifically to the themes and messages for Wellness Week 1. On each page of this file is a different sign related to physical activity and nutrition. The messages and concepts contained in the signs are discussed in the classroom and in physical education class and are 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.

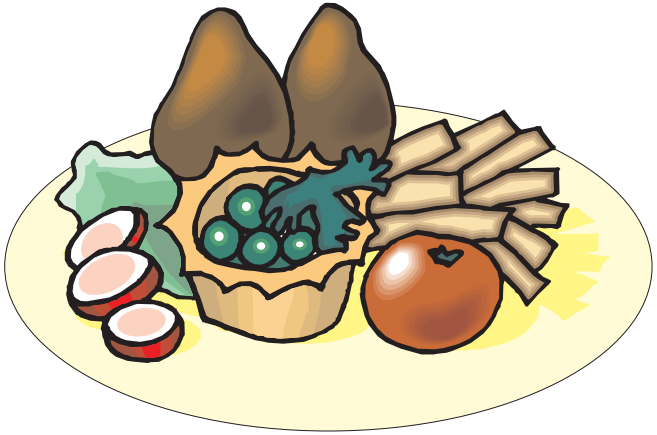
FITNESS FOR LIFE Elementary School

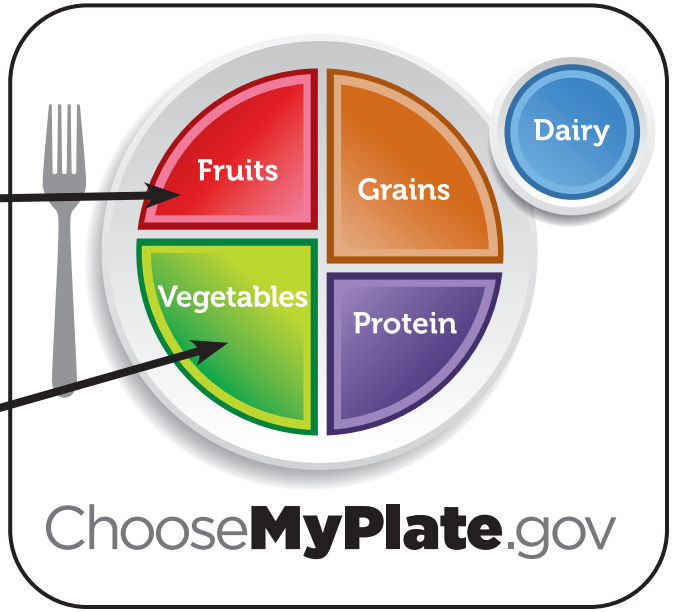
Physical Activity Pyramid: Moderate activity every day!





FITNESS FOR LIFE Elementary School





Green is for veggies, red is for fruits!

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Whatever you love to play, get 60 minutes every day!

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Move your muscles when you work and play!

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The more you practice, the better you get!

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Keep on trying. The more you try, the better you get!

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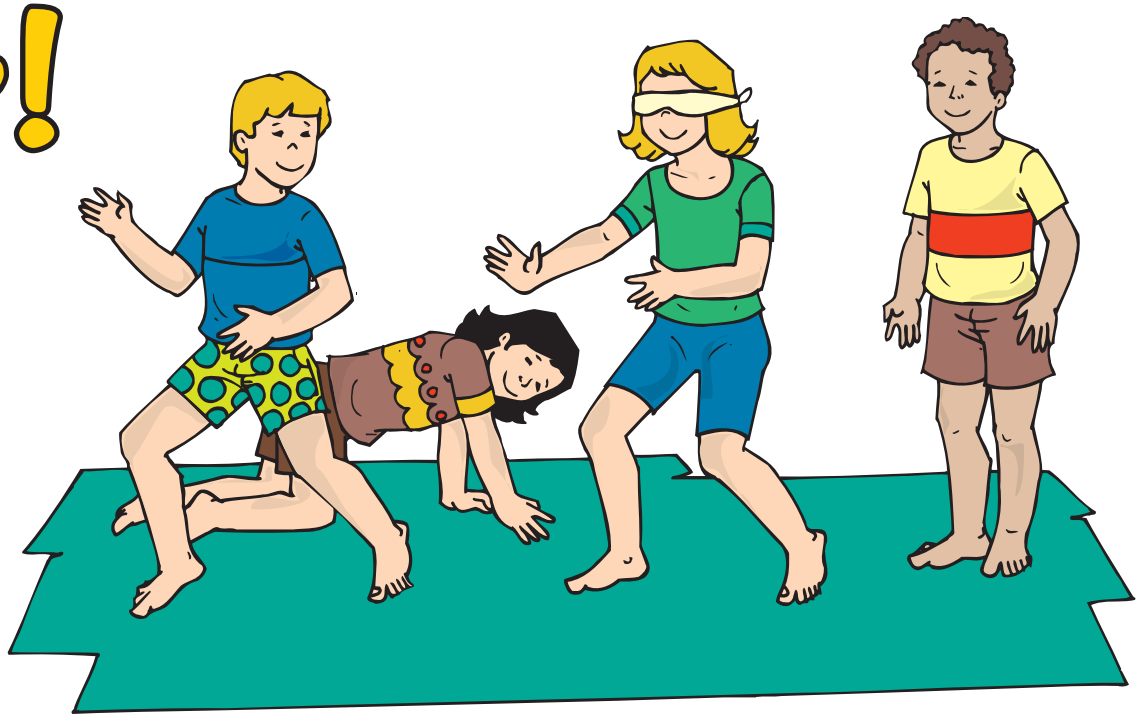
Eat the rainbow way: every color, every day!

FITNESS FOR LIFE Elementary School

Play safely!

FITNESS FOR LIFE Elementary School

I can, you can, we all can work together!



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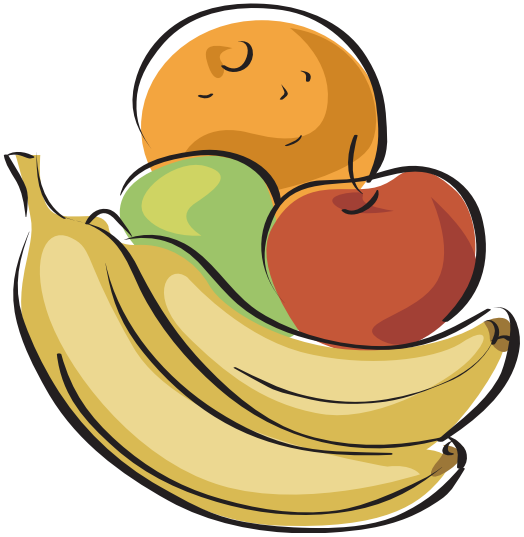
Eat 5 a day, every day!



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Start with safety!

Finish with fun!

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Fun for me, fun for all!