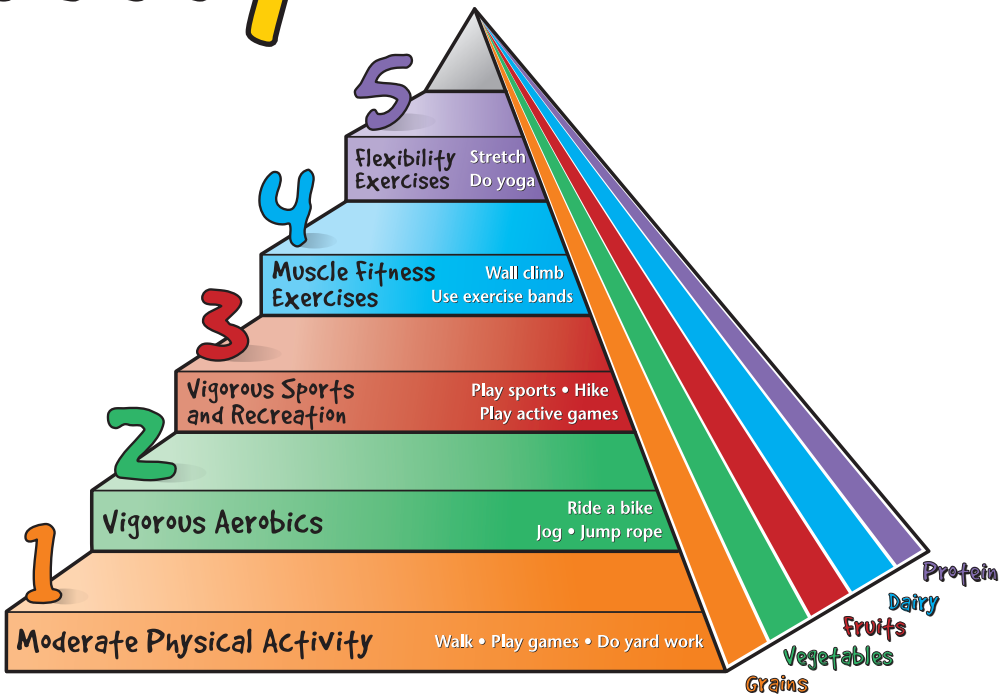
WELLNESS WEEK 2 SIGNS

The signs in this file relate specifically to the themes and messages for Wellness Week 2. 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.

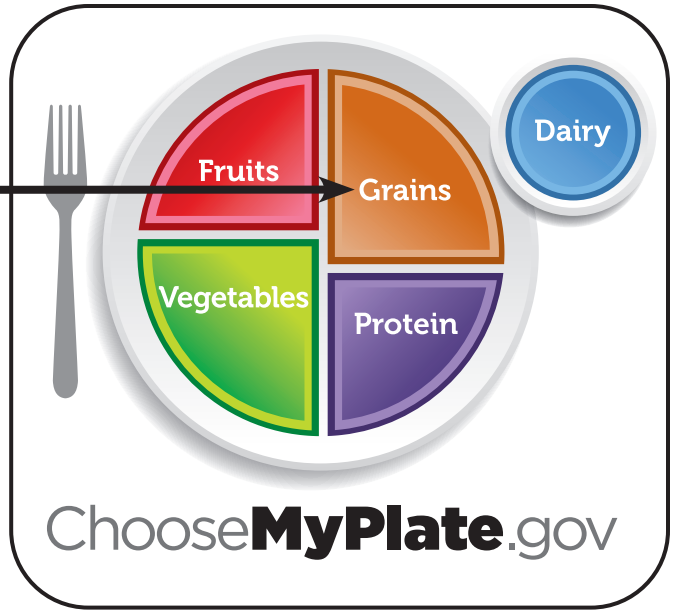
FITNESS FOR LIFE Elementary School

Physical Activity Pyramid: Make some activity vigorous!



FITNESS FOR LIFE Elementary School

Orange is for grains!



FITNESS FOR LIFE Elementary School

Avoid empty calories!

FITNESS FOR LIFE Elementary School

A healthy body needs a healthy mind!

FITNESS FOR LIFE Elementary School

Get your body moving!

FITNESS FOR LIFE Elementary School

The more you practice, the better you play; practice, practice every day!

FITNESS FOR LIFE Elementary School

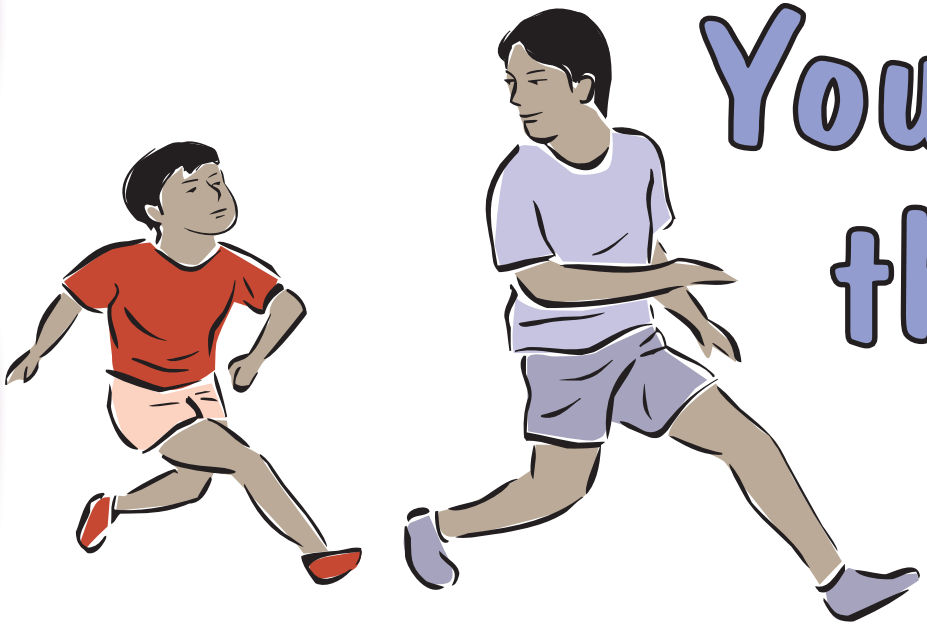
Making your heart beat fast helps your body last!

FITNESS FOR LIFE Elementary School

A healthy heart is a happy heart!

FITNESS FOR LIFE Elementary School

Exercising your heart daily really pays.



Your heart will thank you in many ways!

FITNESS FOR LIFE Elementary School

Keep on going to get fit.

Never give up!

Never quit!

FITNESS FOR LIFE Elementary School

Play for a good day!

FITNESS FOR LIFE Elementary School

Activity + academics = a winning combination!

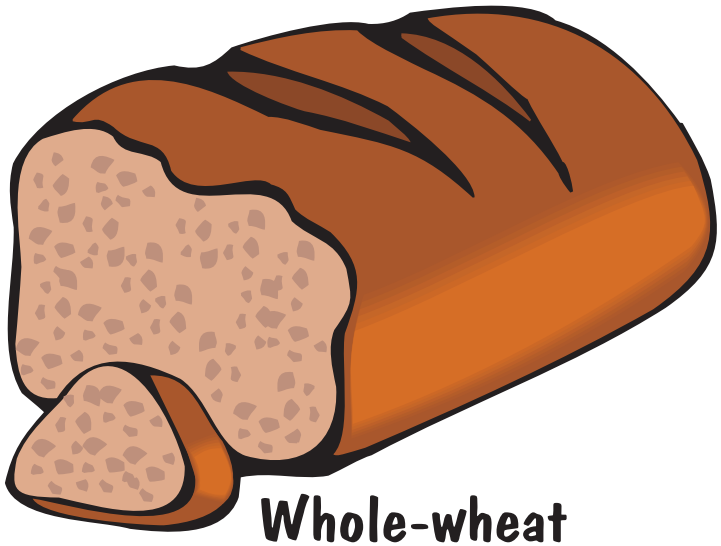
FITNESS FOR LIFE Elementary School

Build skills, have fun!

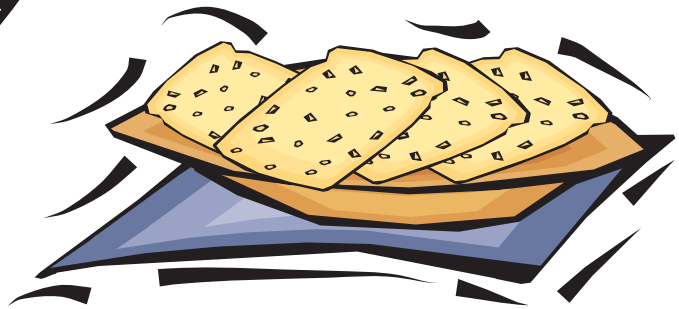
FITNESS FOR LIFE Elementary School

Make half your grains whole!

Oatmeal



Whole-wheat bread



Whole-wheat crackers

FITNESS FOR LIFE Elementary School

Get some aerobic activity every day!

FITNESS FOR LIFE Elementary School

Show respect—follow the golden rule!

FITNESS FOR LIFE Elementary School

To be fit, you must think FITT!