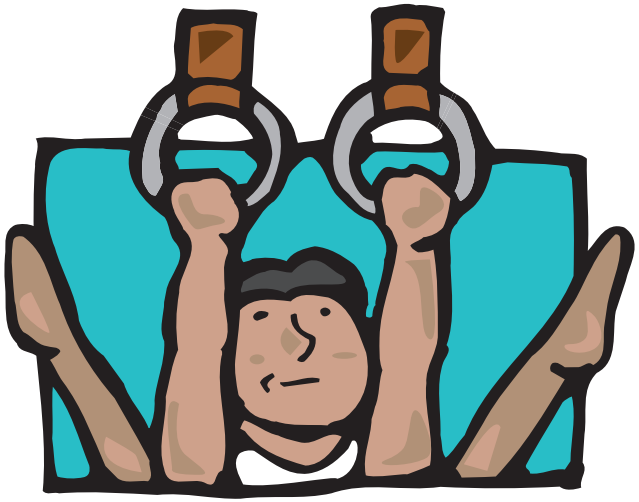
WELLNESS WEEK 3 SIGNS

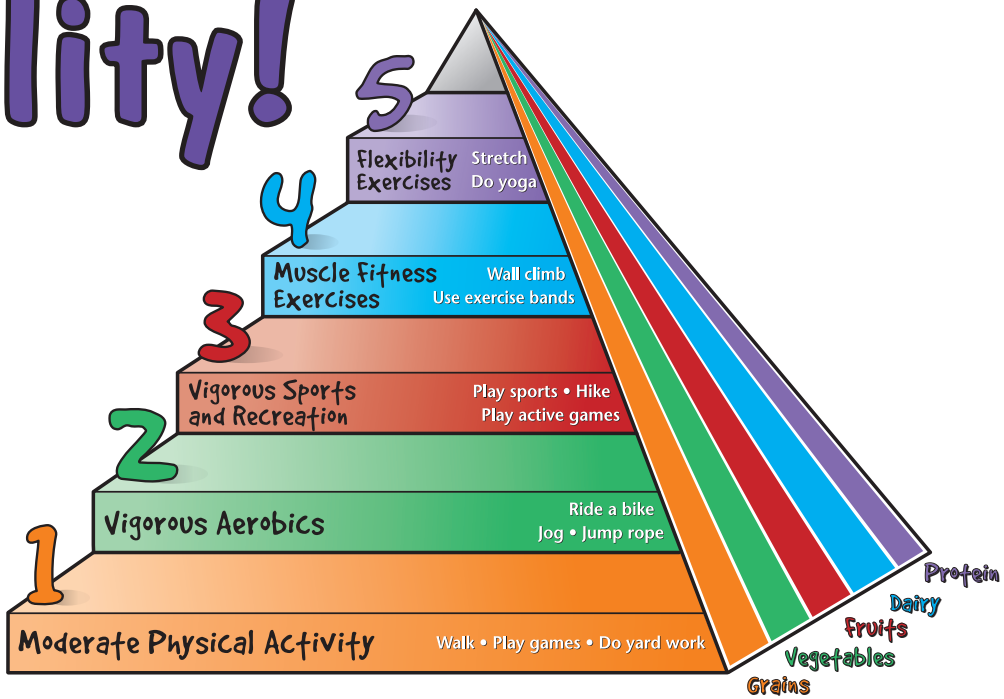
The signs in this file relate specifically to the themes and messages for Wellness Week 3. On each page of this file is a different sign related to physical activity and nutrition. The messages and concepts contained in the signs are discussed in the classroom and in physical education class and are 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

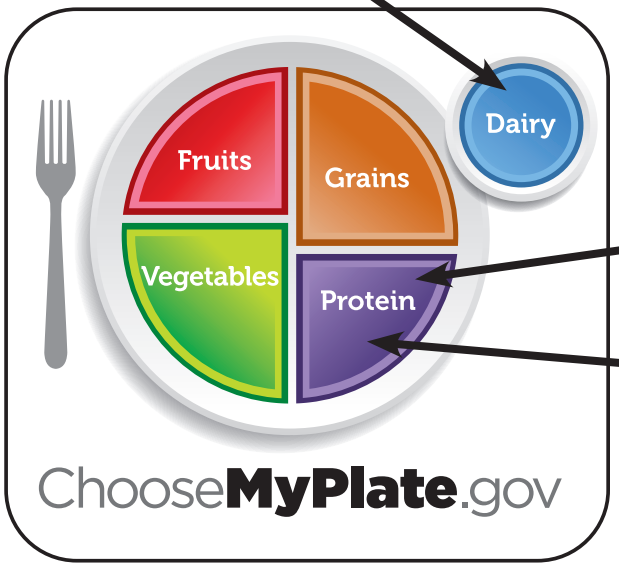
Physical Activity Pyramid: Do exercise for muscle fitness and flexibility!

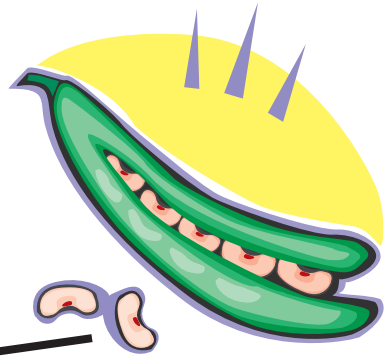


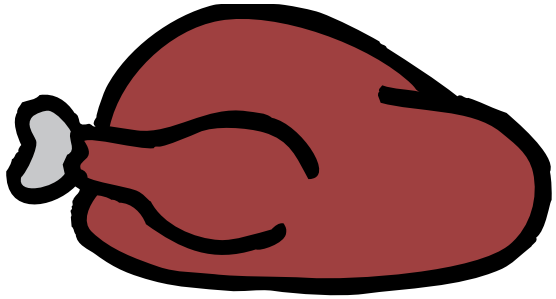


FITNESS FOR LIFE Elementary School

Blue is for dairy; purple is for protein!







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A healthy mind needs a healthy body!

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Before you play or perform,

you need to get your muscles warm!

FITNESS FOR LIFE Elementary School

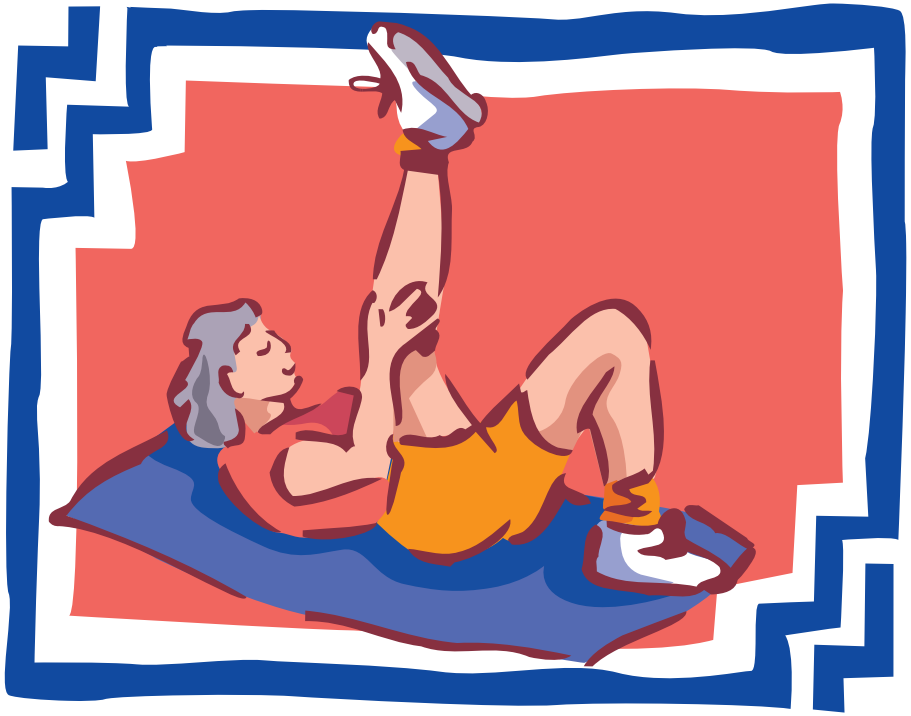
Music helps you move!

FITNESS FOR LIFE Elementary School

Protein power! Get strong, live long!

FITNESS FOR LIFE Elementary School

We have only one body.



Let's make it fit!

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If it is to be, it's up to me!

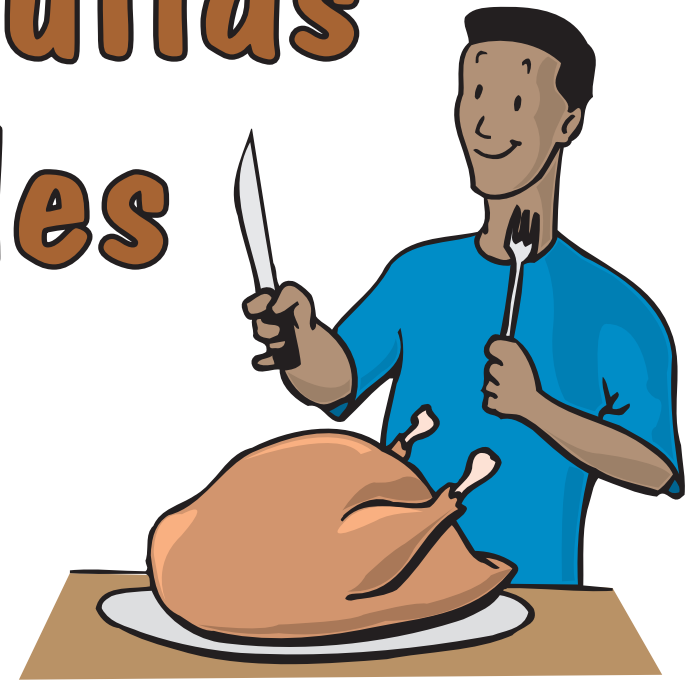
FITNESS FOR LIFE Elementary School

Building muscle requires skill and technique;

strengthen your muscles three times per week!

FITNESS FOR LIFE Elementary School

Protein builds cells in muscles and brains;



eat your protein foods and make big gains!

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Be specific; look terrific!

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Don't be a character; show your character!

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Follow the rules and share the ball; demonstrate fairness, respect, and teamwork to all!

FITNESS FOR LIFE Elementary School

There is no "I" in "team"!