



## Wow Us With Wellness Challenge

*"Encouraging Healthy Habits for DIS Students and Families"*

3<sup>rd</sup> Quarter: January 13<sup>th</sup> – March 6<sup>th</sup>

**Try to complete at least 5 items, and 1 from each category!**

**Show and share your healthy choices by participating in quarterly photo contests!**

**Fun prizes will be raffled to participants at the end of the quarter.**

**Find complete instructions and resources at [www.dispta.org/wow](http://www.dispta.org/wow)**

.....:Nutrition:.....

- Eat at least 2 servings of vegetables per day, 5 or more days per week.
- Participate in a cafeteria vegetable tasting and tell a parent or caretaker.
- Learn why water is usually the best choice. Support the Student Council & DIS Wellness Water Drinking Campaign by bringing your own water bottle to school and events.
- Support the Green Heart Project and our DIS Community Garden by participating in a garden work day.

.....:Fitness:.....

- Engage in physical activity (other than PE or organized sports) 10 or more minutes per day, 3 or more days per week, with at least one other member of your family.
- Accumulate at least 60 minutes a day of moderate to vigorous aerobic activity at least 5 days a week.
- Participate in a local race such as The Great Amazing Race (1/25), Cupid's Chase 5k (2/8), or Head for the Cure 5k (2/15).
- Bike or walk to school 3 or more days per week.
- Jump Rope for Heart starts soon! Keep your heart healthy & start practicing by jumping rope outside of school 10 or minutes per day, 1 or more days per week.

.....:Mindfulness/Lifestyle:.....

- Practice mindfulness - yoga, meditation, spiritual or other moment of reflection, etc. 3 or more times per week.
- Get your recommended hours of sleep 3 or more days per week.
- Commit to "Choose ONE thing" the entire quarter. (see website for details)
- Attend the Family Sweetheart Social (2/11) and visit at least 2 of the active stations at the event.

**Questions? Email Wellness Coordinator Andrea Jones at [anny1130@hotmail.com](mailto:anny1130@hotmail.com)**