



## Wow Us With Wellness Challenge

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

2<sup>nd</sup> Quarter: October 21<sup>st</sup> – December 13<sup>th</sup>

**Complete at least 5 items and 1 from each category**

**Submit your participation checklist online - Deadline 12/13 –**

**at [www.dispta.org/wow](http://www.dispta.org/wow) or through google classroom**

**Take part in quarterly photo contests!**

**Submit photos through your homeroom teacher (or to Nurse Cohen at [CohenA@bcstdschools.net](mailto:CohenA@bcstdschools.net))**

**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 the October or November 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 Heroes Run (11/17), Turkey Day Run (11/28) or Reindeer Run (12/7).
- Bike or walk to school 3 or more days per week.
- Participate in the DIS Boosterthon Fun Run or Color Run on 11/15.

.....: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.
- Write in a gratitude journal 1 or more times per week for at least 15 minutes.
- On Halloween – if handing out treats, include non-candy treats as an option and/or choose non-candy treats while trick or treating when available.

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