



Oliver's team talk

Each month a newsletter encouraging healthy behaviors will be sent to you. Be sure to check out each issue for ideas to Teach, Excite, Activate and Motivate.

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Teach! TEACHERS' CORNER

Are you looking for a way to incorporate more physical activity into the school day? Do you have a CD player in your room? How about a CD with a catchy, up beat tempo that makes you want to move? You have the makings of an activity break!

Start your morning with a classroom workout. It does not have to be fancy or intricately choreographed. Keep it simple. Ask your P.E. coach for help.

Start with a warm-up; stretches, reach for the sky, toe/knee touches. Then pick-up the pace; jumping jacks, marching in place, hopping up and down like a bunny. Now bring the pace back down with cool down movements and return to stretches.

Whether its 2 or 15 minutes; the important thing is get up and move!

Excite! READY, SET, GO!

Still think there is not enough "free" moments (10 minutes or more) in your day to add movement?

Sit down and review a typical day with your family. Develop a list of all the "free" moments in your day. Such as: standing in line, waiting for the school bus, grocery shopping, watching TV, playing a video game, etc. List as many as you can.

Now can you think of ways to move during those "free" moments? Such as: swing your arms, doing sit-ups during a commercial, stretching in line while waiting, etc.

Take the challenge - move more throughout your day.

Make Healthy Choices for Tif!!

Activate! MAKE YOUR MOVE

Small steps add up to big changes.

- Tip # 1 Walk to work/school
- # 3 Do situps in front of the TV
- # 4 Walk during lunch
- # 8 Walk instead of driving wherever you go
- #15 Walk kids to school
- #31 Go for a half-hour walk instead of watching TV
- #40 Pace the sidelines at kids' athletic game
- #53 Take small trip on foot to get your body moving
- #94 Take your dog on longer walks
- #99 Carry your groceries instead of pushing a cart

Motivate! SPREAD THE WORD

Think you don't have what it takes to become a role model to your family, friends or students. Think again!!

You do not have to wait until you have developed all your healthy habits to become a role model. By sharing your decision to become healthier you can influence others to make healthier choices too.

People of all ages find comfort in knowing that we each face the same types of challenges.

So make a commitment to increase physical activity every day and ask others to join you.

For a complete list visit: www.smallstep.gov

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