

# WELLNESS WEDNESDAY

## National Move More Month

Nutritional Development Services | April 2025



Started by the American Heart Association, every April is recognized as National Move More Month, with the goal of promoting healthy habits and encouraging physical activity for better physical and mental health. Move More Month keeps us healthy by encouraging us to move more, get us out and about, away from screens, and develop better daily habits.

### Increasing Physical Activity at School

- ***Movement Breaks***– Try yoga, stretching, jumping jacks, run in place, vertical jumps, etc. Schedule short breaks throughout the day.
- ***Scavenger Hunt***– Give students a list of items to retrieve and encourage them to move as quickly as possible.
- ***Have a Dance Party***
- ***Walking Challenge***– Organize and facilitate a class walking challenge.
- ***Walk or Bike when possible to get around.***
- ***Offer Physical Activity Breaks as a Reward***

### Recommendations

**Children** (6-17) need 60 minutes or more of moderate-to-vigorous intensity physical activity each day. This includes:

- **Aerobic Activity**– Walking, running, or anything that makes their hearts beat faster.
- **Muscle Strengthening**– Activities such as climbing or doing push-ups.
- **Bone Strengthening**– Dancing jumping or running.

**Adults** need 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity per day.



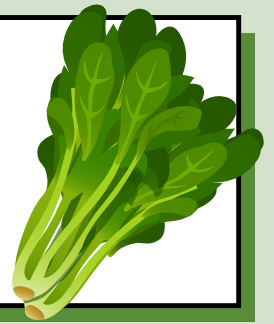
### Resources

- [Move More Month](#)
- For incorporating physical activity in the classroom, click [here](#).

# WELLNESS WEDNESDAY

## Harvest of the Month- Leafy Greens

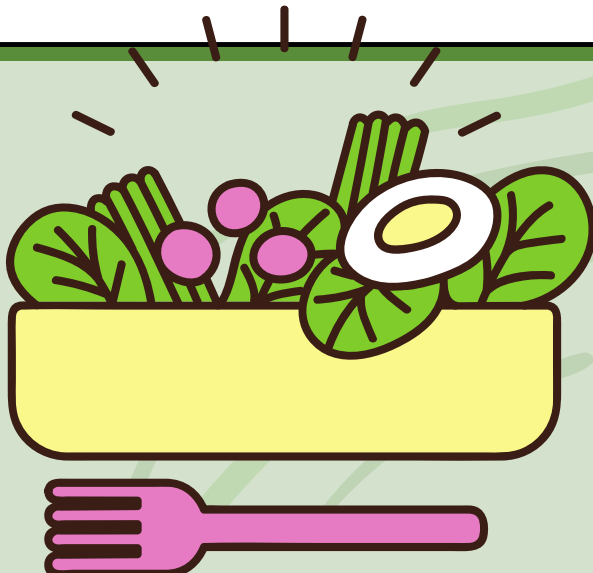
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Leafy greens are recognized as PA's Harvest of the Month! Leafy greens come in a variety of taste and texture and include romaine, bibb, arugula, spring mix, spinach, Swiss chard, collard greens, and kale to name a few. Leafy greens are typically rich in vitamin A & C, antioxidants, fiber, folate, magnesium, calcium, iron, and potassium. These nutrients perform a variety of functions in the body including promoting good vision and healthy bones, supporting immune function, acting as antioxidants that may help prevent certain cancers, regulating blood pressure, blood sugar and cholesterol.

### Incorporating Leafy Greens

- **Make a salad:** Use a variety of colors.
- **Wrap it up:** Make a wrap with tuna, chicken or turkey and add romaine lettuce, spinach, arugula and other veggies for some extra flavor.
- **Add to Soup:** Add greens with larger, tougher leaves such as collard greens, kale or mustard greens to your favorite soup.
- **Stir-fry:** Combine chopped spinach, Bok choy or broccoli with olive or canola oil, garlic, onion or ginger to chicken or tofu stir-fry.
- **Steamed:** Steam collard greens, mustard greens, kale or spinach.
- **In an omelet:** Add steamed broccoli and/or spinach to an egg-white omelet for a vitamin and iron-rich meal.



### Resources

- For Schools & Teachers click [here](#)
- For Families click [here](#)
- [Leafy green recipes](#)

# WELLNESS WEDNESDAY

## Increasing Fruit and Vegetable Intake

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The general guideline for fruit and vegetable consumption among children is “5-a-day”. This refers to five servings of fruits and vegetables per day, with the amount varying by age and activity level. A serving size is roughly the amount that fits inside a child’s palm. Offering a variety of fruits and vegetables is key to ensuring they are getting a range of nutrients.



### TIPS

- Keep Offering: Don't give up if your child initially refuses a fruit or vegetable. Keep offering it, as it may take multiple exposures for a child to accept a new food.
- Small Portions: Start with small portions to avoid overwhelming your child.
- Pair with Favorites: Pair vegetables with foods your child already enjoys.
- Avoid Pressure: Don't force your child to eat fruits or vegetables, as this can create negative associations with food.

### SUGGESTIONS

- Provide fruits and vegetables as snacks. Keep fruit washed, cut up and in plain sight in the refrigerator.
- Try out vegetarian recipes for spaghetti, lasagna, chili, or other foods using vegetables instead of meat.
- Add a fruit or vegetable as part of every meal or snack. For example, you could put fruit on cereal, add a piece of fruit or small salad to your child’s lunch, use vegetables and dip for an after-school snack, or add a vegetable or two you want to try to the family’s dinner.
- Be a role model—eat more fruits and vegetables yourself.
- Serve fruits and vegetables in creative ways, like making fruit skewers, veggie sticks with dips, or adding fruit to yogurt or cereal.
- Include fruits and vegetables as part of every meal, even if it's just a small portion.
- Let your children help with preparing and cooking fruits and vegetables, which can increase their interest in trying them.
- Hide vegetables Blend vegetables into sauces, smoothies, or even baked goods to sneak in extra nutrients.



### Resources

Tips for Increasing Kids Vegetable Consumption

Tips to Get Kids to Eat More Fruits and Vegetables

Fruit and Vegetable Nutrition Education

# WELLNESS WEDNESDAY

Every Kid Healthy Week: April 21st-25th

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Every Kid Healthy Week is an annual celebration of school health and wellness achievements. It happens during the last full week of April. Each day highlights actions that schools and families can take to improve the health and wellness of their kids. The goal: To help communities learn more about how being healthy can help students do better in school, and to help schools do a great job supporting healthy kids.



## Connecting Families & School

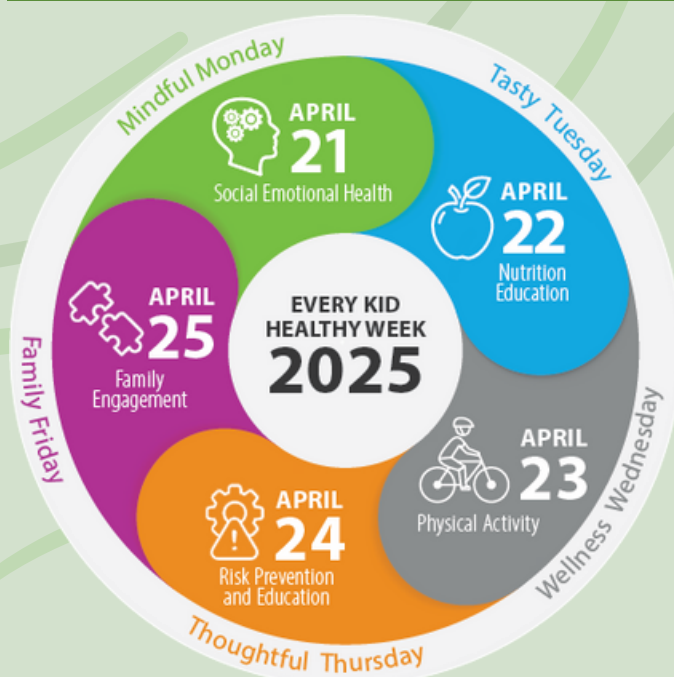
**Every Kid Healthy Week is all about celebrating your school's wellness initiatives and inspiring new ideas to promote healthy eating, physical activity, and social emotional health. Parents and schools can show their commitment to wellness by hosting an in-person or virtual event that focuses on healthy kids and families. Parents and family members can volunteer to help their kids' schools host an event, then keep the celebration going at home.**

## Resources

- [Every Kid Healthy Week Toolkit](#)
- [Ideas for Celebrating Each Day](#)  
[Both at Home and School](#)

## Event Week Ideas

- **Monday:**
  - Energize the classroom with fun brain break activities led by parent volunteers.
- **Tuesday:**
  - Host an exciting new taste test featuring fruits, vegetables, whole grains or low-fat dairy products.
  - Create a school garden or refresh an existing one, and invite parent volunteers to help.
- **Wednesday:**
  - Invite a local fitness instructor to volunteer to lead a virtual family Zumba or yoga class.
- **Thursday:**
  - Work with community partners for a full health and wellness fair.
- **Friday:**
  - Plan a school-wide Field Day, Walk-a-Thon, or Fun Run and engage parent volunteers to help with organization.



# WELLNESS WEDNESDAY

## Gardening with Kids

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Gardening is not only fun both at home and in school but it also has several benefits for kids including:

- Encouraging healthy eating
- Teaching patience and responsibility
- Develops fine motor skills
- Fosters creativity and curiosity
- Provides a sense of purpose and achievement
- Teaches math and science skills

To inspire kids, consider having them choose a theme like pizza garden, fairy garden, butterfly garden, herb garden, or sensory gardens, or focus on specific plants like sunflowers, beans, or carrots, or even try container gardening.



### Home Garden

Gardening as a family is important for promoting health, fostering learning, and strengthening bonds through shared experiences. It is a fun activity the whole family can participate in and can help everyone reach their physical activity goals!

For tips and ideas on how to get started with your home garden, click [HERE](#).

### School Gardens

School gardens can be excellent tools to help children learn about the origins of their food, play a role in growing that food, and provide opportunities for them to sample nutritious, fresh fruits and vegetables. School gardens can be used to teach children about ecology, agriculture, nutrition, history, math, business, and science, as well as provide opportunities for physical activity. They can be edible gardens, tabletop gardens, mini gardens, or outdoor classroom gardens.



For More Information on Creating Your School Garden, click [HERE](#).