



Promoting healthy eating and increased physical activity

Movin' and Munchin' Schools

A program of the Wisconsin Department of Public Instruction

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Mukwonago Celebrates 9th year in Movin' and Munchin' program!

This year, Clarendon Avenue Elementary School in the Mukwonago Area School District is celebrating their 9th year in the Movin' and Munchin' program! They have watched as the program grew from a small health and fitness initiative with only a few schools, to over 200 schools enrolled statewide this year.

Every year Clarendon Avenue Elementary School creates a different Movin' and Munchin' theme to track their miles and to get kids and staff involved. This year for example, they are traveling around the United States using only national scenic trails. In past years, they have gone to the birth places of all the presidents and visited the hometowns of all of the major league soccer teams in the country.

Tracey Portz, the Physical Education Specialist at Clarendon Avenue Elementary School, has led the program for the past nine years. She says that participating in Movin' and Munchin' has helped them obtain grants to purchase a climbing wall, balance balls, and other fitness equipment.

One major success Portz has seen with the Movin' and Munchin' program is the involvement of parents in the program. "Students are sitting down at home to eat dinner with their families because they are getting rewarded for it," she said. "Parents call me at the beginning of the year and ask when they should start recording Movin' and Munchin' miles. It has become part of our culture."



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OLYMPIAN CORNER



with Suzy Favor Hamilton and
Casey FitzRandolph

Spring is on the Way!

It's finally March and spring is hopefully on the way! Soon spring sports like softball, baseball, soccer, golf, rowing, tennis, track, and many others will be starting back up.

Group sports and activities are so important for kids. They provide great opportunities for kids to make friends, learn about teamwork, and stay healthy.

For you parents out there, one way to incorporate exercise into your routine is to volunteer to coach for your child's team. Being a coach can be very rewarding for many reasons.

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Kids with Healthy Hearts

Can kids' habits today affect their heart health tomorrow?

The answer is YES!

Two new studies published by the *American Heart Association* show that children who have good health habits may decrease their risk of having an unhealthy heart in the future. This is according to an article in *The Wall Street Journal* titled, "Predicting Heart Health in Children."

One study tracked people's health from childhood until their 40s. This study found evidence of high blood pressure and abnormal cholesterol in children 9 years old and under was strongly correlated with thickening of arterial walls in adulthood. According to cardiothoracic experts, this condition can cause strokes or a heart attack.

Another study showed that children who ate healthy foods, such as fruits and vegetables once a day, had healthier arteries as adults than



children who made healthy food choices less than twice a month.

These studies show that heart health is not just an issue for middle-aged adults and the elderly. Parents need to know the food choices their children make now could have a large impact on their future health.

It is also important to remember that just because a child does not appear overweight or out-of-shape does not mean they are healthy. Regular exercise and eating a healthy diet, including several servings of fruits and vegetables each day, are key ingredients to healthy living.

These are all reasons why health and wellness programming, such as the Movin' and Munchin' Schools, is so important! The Movin' and Munchin' program teaches the importance of eating healthy and exercising regularly in its curriculum. The Department of Public Instruction wants all Wisconsin students to be as healthy as can be. The healthier our students are, the more they will be able to learn necessary skills for future success.

Outstanding Response Extends Movin' and Munchin' Deadline!

The Wisconsin Department of Public Instruction (DPI) has decided to extend this year's deadline to enroll in the Movin' and Munchin' program. Over 50 new schools have enrolled in Movin' and Munchin' this year! These numbers are unprecedented.

DPI is very excited to see so many new schools enrolling in the Movin' and Munchin' program. It is not only a great tool for teaching kids about healthy eating and fitness, but also provides opportunities for grant money for health and wellness programming.

Because of the overwhelming response to the Movin' and Munchin' program this year, DPI has decided extend the registration deadline to **March 25!** This should give all schools enough time to fill out the simple one-page registration form, available at <http://movinandmunchin.com/movin-n-munchin.html>. *Join Movin' and Munchin' today!*



Movin' and Munchin' is a program of the Wisconsin Department of Public Instruction, and sponsored by the WEA Trust, a not-for-profit insurance organization created by public school employees, for school employees.



OLYMPIAN CORNER

with Suzy Favor Hamilton and Casey FitzRandolph



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One, it's exercise! Trust me—those little ones will tire you out.

Two, being involved in your child's extra curricular activities is a great way to support them and spend time together.

If coaching isn't your thing or just too much of a time commitment, there are still things you can do to be more active instead of sitting on the bleachers. Watch at least part of the game standing—sometimes it is uncomfortable to sit through the entire game, so sit for a while and

then get up and move around at least once every 15 minutes. It feels great just to stretch your legs!

When I am watching Kylie play sports, I do squats on the sidelines or just sit in a squat position on my feet. Both of these will help you burn a few calories while you're watching the game. Also, if you are watching an indoor sport you can do a wall sit against any wall while you watch. If you feel the burn in your thighs later that day, you know you gave them a good workout!

Happy exercising!

Could this be you?



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Portz said that kids love to receive incentives for doing certain activities, so giving students credit for eating

healthy and exercising outside of school really helps motivate them. Portz has also established additional incentives within the school for the top three students with the most miles. Each of the winners receives a medal for their hard work and dedication to the Movin' and Munchin' program.

Three-time Olympians Casey FitzRandolph and Suzy Favor Hamilton will be stopping at Clarendon Avenue Elementary on May 19 to congratulate the students and staff on their success. They will also be kicking off the district's track and field day after the Movin' and Munchin' program event.

