



Promoting healthy eating and increased physical activity

## Movin' and Munchin' Schools

A program of the Wisconsin Department of Public Instruction

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### Movin' and Munchin' in La Crosse

Teachers and staff at Franklin Elementary School in the La Crosse School District incorporate healthy activities throughout the school day. Although they only have physical education every other day, teachers are finding ways to keep the students moving.

Many teachers take their students for walks in the morning or afternoon when the kids are restless, allowing them to release some pent-up energy.

Physical Education Specialist Michael Harger is in charge of the Movin' and Munchin' program for Franklin Elementary School.



“Now that it is nice outside we have been using pedometers during physical education class,” Harger said. “Our goal is that each student walks 2,500 steps during the class period, which adds up to about one mile of walking or running.”

In addition to exercise, Franklin Elementary School also has a healthy snack program that brings in farm grown fruits and vegetables for the

kids to have a healthy afternoon snack. Harger also commented that the school lunch in the cafeteria is very healthy.

“I eat school lunch everyday,” he said. “The nutrition department does an awesome job. They offer salads, fruits, vegetables, and a lot less dessert and carbs than there used to be.”

The staff at Franklin Elementary is also working to stay active. In the past, Harger said they have been offered pedometers and set goals of approximately 10,000 steps per day.

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### OLYMPIAN CORNER



with Suzy Favor Hamilton and  
Casey FitzRandolph

### Q & A with Casey and Suzy

#### Why did you get involved with Movin' and Munchin'?

*Casey:* “In 2005, the Department of Public Instruction and the WEA Trust approached us and asked us if we wanted to help spread their message about the importance of healthy eating and exercising regularly. Suzy and I were immediately on board and became co-chairs of the program. We know how important health programming is in schools and we also know it is often the first thing to get cut when school budgets are tight.”

“Just as we expected, participating in the Movin'

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## Healthy Spring and Summer Activities

Spring is finally here, and before we know it, school will be out and summer will begin. There are lots of fun ways to stay active now that the weather is nice!

Here are a few great ways to be active and take advantage of the nice weather:

**Go hiking, biking, or camping in a Wisconsin State Park.** They are beautiful and you can go with the whole family so it won't even feel like exercise. Learn more at the Wisconsin Department of Natural Resources Web site. <http://dnr.wi.gov/>



**Form an exercise group with friends.** When you have someone to hold you accountable for staying healthy, you are more likely to follow through with your plans and reach your goals. Call a friend and go on a walk, run, or bike ride. You will feel great and have fun spending time with friends.

**Join a recreation league.** Playing sports and exercising with friends is a great way for both kids and adults to have fun and stay fit. Search the Web for information about the local recreation activities available near you.

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## Finishing off a record year

This year the Movin' and Munchin' program reached a new record of over 231 schools registered. It is great to see so many schools across Wisconsin promoting healthy eating and exercise programming for their staff and students.

**REMINDER:** The deadline to turn in Movin' and Munchin' program summaries is approaching fast!

Recently, Suzy Favor Hamilton wrote a blog reminding everyone of some simple ways to earn Movin' and Munchin' miles in the final weeks of the program. She also provided a check list to see if schools are ready to hand in their programs.

In case you missed it, here's the list:

If you can answer "YES" to these questions, your school is ready to submit its Movin' and Munchin' program.

- Has your school exercised a lot?
- Has your school eaten lots of healthy foods?
- Did you reach your personal Movin' and Munchin' miles goal?
- Did your school reach its Movin' and Munchin' miles goal?

*Let's MOVE and MUNCH!*



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.



Movin' and Munchin' is on

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with Suzy Favor Hamilton and Casey FitzRandolph



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and Munchin' program has been very rewarding. I'll always support programs that help fund health and fitness programs in schools."

## What has been the most rewarding part of your participation in the Movin' and Munchin' program?

*Suzy:* "I just love to see the looks on the kids' faces when we run into the gym for the Movin' and Munchin' events. They all chant USA, and then Casey and I come running out from a back room or the hallway."

"You can tell the kids are truly excited about building healthy habits, sometime they just forget how important it is. That is why Casey and I love doing the Movin' and Munchin' events. We have the opportunity to talk with the kids, show them that exercise is fun, and remind them of the importance of making healthy choices every day."



## Why is the Movin' and Munchin' program so important for schools?

*Casey:* "The Movin' and Munchin' program is important because teachers can incorporate reminders about eating healthy foods and exercising regularly into their daily curriculum."

"The activity levels of kids vary greatly. The Movin' and Munchin' program helps motivate students and staff to be healthy and rewards them for their efforts."

## What is your favorite healthy food?

*Suzy:* "I love string cheese! It's an easy snack to eat on-the-go, and it has a great nutritional value."



*La Crosse ... continued from page 1*



"Elementary school children have no lack of enthusiasm for any activity. The Movin' and Munchin' program really helps kids stay motivated and moving," Harger said. "It's teaching them how to be healthy every day, even when they are not in physical education class."

231 Schools participated in Movin' and Munchin' Schools this year!!!

