

*A special offer for districts with a WEA Trust health plan*

# Give your health and wellness programs a financial boost.

## Involve your staff in *Movin' and Munchin' Schools*.

If your district has a Trust health plan, you can give your health and wellness programs a financial boost by involving your staff in *Movin' and Munchin' Schools*, the Department of Public Instruction's (DPI) wellness initiative.

The Trust will match awards from DPI if your staff participates in *Movin' and Munchin' Schools*.

*Movin' and Munchin' Schools* takes an innovative approach to the problem of poor nutrition choices and lack of physical activity among school children. The program encourages schools to develop creative strategies to promote healthy eating and increased physical activity among students and their families. Individuals earn "Movin' and Munchin' Miles" for various physical activities and wise nutrition choices.

All schools that participate will be considered for awards of up to \$500 to use for improving their nutrition and physical education programs.

Schools are also eligible for a matching award from the Trust if at least 50% of district employees

have coverage under a Trust health plan and if more than half of your school building staff participates in *Movin' and Munchin' Schools*. The Trust will give these awards in September 2010; the awards must be used to encourage other physical activity or healthy eating among your staff and students.

To learn more about *Movin' and Munchin' Schools*, visit [www.movinandmunchin.com](http://www.movinandmunchin.com) or contact Jon Hisgen of DPI at (608) 267-9234 or [jon.hisgen@dpi.wi.gov](mailto:jon.hisgen@dpi.wi.gov).



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