**Eat, Move and Play Through the Holidays**

Monthly Campaign Announcements:

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| Day 1 | This month we’re going to eat, move and play the healthy way! Everyday we’re going to start with our EAT, MOVE and PLAY actions. Are you ready to learn the actions? Everyone needs to stand up.   * EAT-put your hands to your mouth and pretend that you’re eating a Choose Most Often Food. * MOVE- run on the spot to the count of 10. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. * PLAY- show off your best dance move!   Let’s put them all together: When I say Go, Say the words and complete the actions at the same time. Ready, Set, Go. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY. Fantastic- Now you’re ready for a great month of EAT, MOVE and PLAY. |
| Day 2 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  We have a challenge for you over the holidays or even during the month. The EAT, MOVE, PLAY challenge is: Your goal is to get 60 minutes of physical activity each day, make choose most often choices and spend at least 1 hour less in front of a screen everyday for five days. Do you think you can meet the challenge?  Check with your teacher for a challenge card that you can fill in for 5 days this month. You can complete the challenge with your family over the holidays. We’ll continue to give some tips to help you EAT, MOVE and PLAY. |
| Day 3 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY. Here’s our tip for the day.  Look on the plus side of life! People with a positive view of the events in their lives have better physical health and live longer than people with a negative view. Make sure you choose a sunny weather view today!  Are you joining the challenge? Yes you can--- check out the Bulletin Board for the names of the students and staff in our school for some great ideas on how to eat, move and play through the holidays! |
| Day 4 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Let’s think about ways you can play and move without the screen. What is the best exercise? One you enjoy! So go and run, jump, dance, play, swim, ski, ride a horse, and have fun! What’s your favorite way to play and move? |

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| Day 5 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  When we play with friends and family over the holidays, we want to be proactive. Here’s a tip for being a good friend: Mean what you say and say what you mean. Openness and honesty with each other is a must. |
| Day 6 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY. – Which food from the Meat and Alternatives group is the most serious?  *An egg. It's afraid to crack a smile.* Holiday times can be busy and stressful.Here’s sometips for reducing stress: keep a positive attitude, accept that there are events you cannot control and exercise regularly. Your body can fight stress better when it is fit, so don’t forget to eat, move and play. |
| Day 7 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY. – Which food from the Meat and Alternatives group is the most serious?  *An egg. It's afraid to crack a smile.* Holiday times can be busy and stressful.Here’s sometips for reducing stress: keep a positive attitude, accept that there are events you cannot control and exercise regularly. Your body can fight stress better when it is fit, so don’t forget to eat, move and play. (1) Snack Wisely – Choose complex carbohydrates and protein to feel alert.  Get More Light – Exposure to natural light or a bright artificial light source has been shown to be helpful.  Stay Social – Find reasons to get out of the house and be with other people.  Watch What You Drink – Make sure you are drinking enough water. |
| Day 8 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Looking for new activity ideas?Learn some new games or sports from different cultures and have fun playing them! Ask family members what games they played when they were kids and try playing them with your friends or family over the holidays. |
| Day 9 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  During the holidays do you stay up late and not get enough sleep? Sleep to prevent sickness! Getting enough sleep allows your immune system to function at its full potential which prevents you from becoming sick. |

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| Day 10 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Let’s talk about EAT. Even during the busy activities of the month it’s important to eat healthy. Did you know that people who skip breakfast feel more tired and cranky in the morning? On the other hand, those who eat breakfast have more energy and a better attitude to start the day. |
| Day 11 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Are you thinking about how to be active over the holidays? Brainstorm with family members this week, some fun winter activities so you can be sure to schedule some time to move and play this holiday season. |
| Day 12 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Over the holidays choose great snacks! Pick a snack that’s healthy and packed with nutrients.Try whole grain crackers with cheese. Add some fruit, vegetables, or yogurt. Mix fruit with milk or yogurt in a blender to make a shake or smoothie. Remember to always wash vegetables and fruit before eating. |
| Day 13 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Exercise improves alertness and memory and can also improve mood, stimulate creativity, reduce anxiety, and provide an outlet for anger or aggression. |
| Day 14 | Let’s start with our actions for the day. Stand up… Ready Set, Go..EAT,MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  This is a test: can you name the one food that supplies all fifty nutrients that our bodies need for good health? If you can't come up with an answer, you're right! There is no single food that supplies everything we need! That's why eating a variety of foods is so important. It's also much more interesting that sticking to the same old foods all the time. |
| Day 15 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Here’s a riddle to start the day.  Q: What is a sheep's favourite food? *A: Baaaananas.*  "Fruits and vegetables are packed with vitamins and minerals that are important to keep you healthy and feeling great! They're not just for eating during meals but make fast, delicious snacks too. During this holiday times don’t just settle for one or two - pick a few!" |
| Day 16 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  After sleeping through the night your body needs to be refueled. Without breakfast, your brain and your muscles will not have the energy needed to start the day. Even during the holidays be sure to have a healthy breakfast in order to eat, move and play at your best! |
| Day 17 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Experts say that children and youth shouldn’t view screens for more than 2 hours per day. On average Canadian children and youth spend 6-8 hours a day viewing screens. That’s a lot of time sitting down and being inactive! This holiday season be sure to follow your healthy eating with some active moving and play! |
| Day 18 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Did you know:   * You need to be active for at least 60 minutes everyday. * You need to do activities that get your heart beating faster and make you sweat. * You need to bend and stretch every day. * You should run, jump, skip or walk fast lots of times each day.   For a healthy body keep moving! Don’t forget to eat, move and play through the holidays! |
| Day 19 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  Did you know that there are more than 650 muscles in your body? That’s more than 650 reasons to be active! Your body has muscles to help you skip, climb and swing on the playground! These activities help strengthen your muscles, so head to a nearby park with your friends or family and have fun! Be sure to help fuel and keep these muscles strong by making sure you eat, move and play through the holidays! |
| Day 20 | Let’s start with our actions for the day. Stand up… Ready Set, Go.. EAT, MOVE (1,2,3,4,5,6,7,8,9,10) PLAY.  You can still be active when it’s cold outside. Warm up and get your muscles moving by shovelling the snow off the driveway or the sidewalk, building a snow fort, and making snow angels. Ice-skating and tobogganing are really fun to do too! Be sure to eat, move and play through the holidays! |