

Physical Activity Goal 5

<p>GOAL 5: All schools shall help students understand the short and long-term benefits of a physically active and healthy lifestyle.</p>	
<p>Objective 1: The campus will encourage healthy lifestyle habits through a variety of medias.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Include wellness information and family fitness activities to school-wide events when appropriate. • Encourage teachers to include physical activity brain breaks into their daily lessons. • Promote campus-wide physical activity programs. • Include the short-term and long-term benefits of physical activity and healthy lifestyle into the Physical Education and Health Curriculum. • Include physical activity and healthy lifestyle messaging in campus announcements and newsletters, when appropriate. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Campus Wellness Committee Report <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical activity brain break activities • Family Fitness/Wellness Night program information <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition