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Mayor's School Walking Challenge Update Email

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Mayor's School

WALKING CHALLENGE



Students have been stomping and mayors have been meandering for two full weeks now. In the lead are Emmett's Mayor Petrie (617,207 steps), Twin Falls' Mayor Hall (445,449 steps) and Jerome's Mayor Davis (402,393 steps). But even with many champs, there is still time to kick it in gear!

Left: East Elementary in Mountain Home hosted a successful walk-a-thon fundraiser and tracked their miles for the Mayor's School Walking Challenge.

Know the Facts

Children who are at an unhealthy weight often see immediate impacts on their health, including:

- Poor school performance due to low self-esteem, depression & bullying
- High cholesterol
- High blood pressure
- Sleep apnea
- Joint or bone problems

Luckily, walking helps reduce stress levels, lower cholesterol, increases weight loss, body conditioning, muscle toning and lowers blood pressure. It's also the most popular form of exercise in the US is walking.

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Today's Lesson: **Healthy Students are Better Students**

Healthy Eating + Physical Activity = Improved Academic Performance



Students who eat **breakfast** have **better attention and memory.**



Only **38%** of all teens eat breakfast every day.

Good job!

Needs improvement



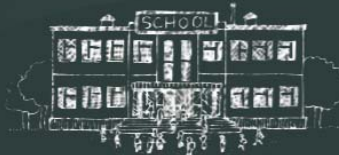
After just **20 minutes** of physical activity, brain activity improves.



Only **25%** of high school students are active for the recommended 60 minutes each day.

What is the right answer?

Schools: Kids spend **2000 hours** every year in school, which makes that the smart place to encourage kids to eat right and get moving.



Wellness Programs: Programs like **Fuel Up to Play 60** empower students to take actions like starting breakfast programs and walking clubs. Community leaders, businesspeople and health professionals can also assist schools in providing opportunities.



Extra credit:

- Read *The Wellness Impact: Enhancing Academic Success Through Healthy School Environments* at NationalDairyCouncil.org
- Learn more about how *Fuel Up To Play 60* is helping schools to take action at FuelUpToPlay60.com

American College of Sports Medicine, American School Health Association, GENYOUth Foundation, National Dairy Council, The Wellness Impact: Enhancing Academic Through Healthy School Environment, March 2013.     

Start Some Healthy Habits

Enjoying three servings of milk, cheese, or yogurt as part of a nutrient-rich, balanced diet may help maintain a healthy weight. Chocolate milk can help you refuel and rehydrate within the critical 30-minute recovery window after exercise. It contains a combination of carbohydrates and protein to refuel and repair muscles, fluids to rehydrate, and electrolytes to replenish what is lost in sweat. It has the added bonus of bone-building nutrients, like calcium, to help maintain strong bones and prevent stress fractures.

High Five Children's Health Collaborative added 4 new photos. October 7 at 12:18pm · Edited · 

Connect with the Team

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Mayor Christoffersen is taking the Mayor's School Walking Challenge seriously and has not driven his car in 3 days. Mayor is walking an average of 12 miles a day and is in it to win it! Keep up the good work!



and anecdotes with the Mayor's School Walking Challenge team for the chance to see them in upcoming newsletters or on social media. If you're planning ahead for a walking event, alert the team so they can attend or invite media.

Have questions about the Mayor's School Walking Challenge? Contact [Courtney Frost](#) at the Blue Cross of Idaho Foundation for assistance.



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