

# PLAY TOGETHER.



the big number

10:39

The average adult logs 10 hours and 39 minutes of screen time – phone, computers, TV, video games, etc. – every day, compared to just 17 minutes of fitness activity.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? We hear you. But how about we **substitute "play" for "exercise"**? Sound easier now? Of course, you can play alone, but it's easier (and a lot more fun) to play with a partner, and it's easier still with **an entire family: YOURS!** And the perfect time to start is Thanksgiving weekend! Anyone for all-hands-on-deck touch football? Send everybody deep and toss it up for grabs! Or soccer, if you prefer – 30 minutes of exercise? **GOOOOOOAAAAALLLLLLL!** Kite-flying works, too. Or hopscotch. Raking a big old leaf pile and jumping in. There's no shortage of ways to use play to **jumpstart an exercise habit**. And on Thanksgiving there's **no shortage of playmates** either!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"PLAY TOGETHER."

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



### HUMMUS

Hummus is healthy fuel for family fun! It delivers a lot of protein power for not a lot of calories, and it's rich in healthy fats and nutrients. Dip into hummus with celery or carrot sticks!

## PLAY HARDER

When physical activity feels more like play and less like a difficult and boring chore, it's easier to start and stick with an exercise habit. What do you and your family enjoy?

Riding bikes on a trail? Hiking?

Building a snowman? Dancing? Playing

hide and seek? It's all exercise – but it's also fun!



## LEARN EASIER



Playing isn't just important for how it helps our bodies. Play builds brainpower, too, by honing problem-solving, cooperation, and self-reliance skills. Small wonder that schools with unstructured recess have fewer behavioral problems and register higher standardized test scores!

## LIVE HEALTHIER



Family play time helps build stronger families, too. Playing together strengthens communication and creates opportunities to share both laughter and intimacy, all the while making priceless, lifelong family memories.



**DON'T 4 GET!**

Take at least **ONE**

**FRUIT**

or

**VEGGIE**

and at least **THREE**  
items total so your meal  
counts as a complete lunch!

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

For example, fat-free and low-fat milk (unflavored or flavored) may be offered, but kids can choose not to take milk if they choose enough other items.