

Coordinated School Health News

Johnson City Schools – Expect the Best

Exercise America

Whether you're a beginner or have been exercising for some time, *Exercise America* will help you exercise more consistently by setting challenging, yet achievable, goals. Starting September 15, we'll exercise our way across America moving to a different state for each 30 minutes of exercise. The goal is to "travel" to all 50 states in 10 weeks. This can be achieved by exercising 30 minutes 5 days a week. The exercise can be divided into 10 minutes sessions. Show your patriotism, post your progress with our map of the United States. As you reach a new state, color that state on your map to track your progress. We'll have some fun along the way as we learn about each state and have special events and prizes along the way. We will end right back in Tennessee ready to participate in the Turkey Trot on Thanksgiving Day. Don't forget those cash incentives for the school with the most



student and staff participation at the Turkey Trot.

Exercise America Guidelines

1. Check with you MD or Healthcare Provider before beginning an exercise program.
2. Don't forget to warm up and stretch before and cool down after each exercise session
3. Exercise must be aerobic in nature such as walking, swimming, jogging, skating, basketball, biking, etc.
4. Begin logging Monday, September 15, 2008. Program lasts 10 weeks – ends Sunday, November 23.

- Check in every 2 weeks with Gayle Keebler by phone (461-1660) or email keeblerg@jcschool.org
 - Exercise 30 minutes to move from one state to another.
 - May exercise in three 10 minute sessions to make up the 30 minutes.
 - Maximum 6 states per week.
- Have fun and try different activities to avoid boredom.
5. Celebrate with your school staff and students by participating in the "Turkey Trot" on November 27!



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Helpful Websites:

- <http://www.jcschools.org/>
- <http://www.tennessee.gov/education/schoolhealth/>
- <http://health.state.tn.us/>
- <http://www.ncyi.org/www/docs/1>
- <http://www.foodallergy.org/about.html>

Dates to Remember:

- Sept. 9-12-CSH Institute in Nashville
- Sept. 15– Begin Exercise America
- Sept. 29– Two week check in for Exercise America
- October 13-17-- Fall break (for both calendars)

Healthy Snack of the Month — Chai Latte



Indulge in a cup of chai latte in the comforts of your own home. For anyone who can't drink milk (or chooses not to) this version (with almond milk) is a real winner!

- 1/2 cup vanilla almond milk
- 1/2 cup original almond milk
- 1 cinnamon stick or cinnamon powder
- 1 Chai tea (loose or in bag)
- Pinch of nutmeg

In a medium saucepan, mix all ingredients except tea and heat. Pour the heated ingredients into a mug with the chai tea and ENJOY!!

Please feel free to contact us anytime with information or with questions!

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