



HAMILTON WENTWORTH CATHOLIC DISTRICT SCHOOL BOARD

St. Michael Catholic School

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St. Michael Health Promoting School

This week the entire school body is participating in 15 minutes of daily aerobics. Research states that children between the ages of 5 to 17 should have 60 minutes of physical activity a day.

Just to let you know, your child receives two 40 minute periods of gym per week.

We have to ask ourselves; Are we encouraging our children to get enough physical activity each and every day?

We have learned that physical activity is

- ✓ Good for your bones and muscles
- ✓ Good for your heart
- ✓ Good for your mind
- ✓ Good for your academic success
- ✓ Good for you socially
- ✓ Makes you grow stronger
- ✓ Makes you feel good and look good

- With all these benefits why are Canadian children between the ages of 5 and 17, that's us again, so inactive?
- **STOP** sitting in front of your television or computer and start moving!!!
- Researchers state that 63% of us are inactive.
- Let's start changing that fact now
- So keep moving and have fun!

TOMORROW IS GREAT BIG CRUNCH DAY AT ST. MICHAEL!

Bring an apple to school and let's all crunch it together in celebration of eating healthy!

The whole school will also receive free milk

THINK ACTIVE AND BE ACTIVE