



Run * Skip * Jump * Walk * Dance * Hop

Can you name 3 activities you do in a week that would be considered?

EXERCISE

The Lonoke School District Physical Activity and Wellness Team would like to encourage everyone to get involved with the overall health of our students, staff and community! Below is a list of websites to help us get better educated concerning food safety and the ever growing childhood obesity problem in our nation.

Helpful Websites

www.foodsafety.gov

www.cdc.gov/nccdphp/sgr/ataglan.htm

www.letsmove.gov/learn-facts/epidemic-childhood-obesity