



Morning Announcements

presented by SNAP-Ed NY

Morning Announcements will help start your classroom's day with a healthy message and sometimes a short activity!

Mondays = Move More Monday

Wednesdays = Water & Wellness Wednesday

Fridays = Food Friday

Move More Monday

Message 1

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Put on music and dance around your living room. Dancing is exercise!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 1

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Do your best to follow the "5-2-1 Almost None" rule everyday: Five or more fruits & vegetables. Two hours or less of screen time. One hour of physical activity. Almost none of soft drinks, sports drinks, & fruit drinks that are not 100% fruit juice.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 1

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

GO foods are foods are lowest in fat and sugar, low in calories and great to eat anytime. During our announcements, we will be sharing about different GO foods and how they help our bodies. What is your favorite GO food?

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 2

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Go for a walk. Try walking in a pattern: skip 4 steps, walk 4 steps, skip 4 steps, walk 4 steps. If the weather is not good, look up indoor walking videos on YouTube!

End the message with...

Enjoy your day, the healthy way!

Water Wellness Wednesday

Message 2

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Getting enough water every day is important for your health. Here's a tip on how to drink more water: Carry a water bottle with you and refill it throughout the day.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 2

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, strawberry. Strawberries are unique in that they're the only fruit that wears its seeds outside. Eating strawberries is also a great way to get vitamin C, magnesium, potassium, and vitamin B. Plus, juicy ripe strawberries are healthier and tastier than candy. Reach for fruits for snacks.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 3

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Find a friend to move with! Ask your brother or sister, a neighbor, an adult at home, or even a friend to do an exercise with you. The more people, the more fun it can be!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 3

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Getting enough water every day is important for your health. Here's a tip on how to drink more water: Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 3

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Milk is good for your bones and your teeth. Drinking milk is a great way to get calcium, the mineral important for building strong bones and teeth. If you aren't able to drink milk, there are alternatives such as lactose free milk, soy milk, almond milk and more.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 4

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Moving your body helps your body become strong and remain healthy. When you exercise, your blood flow increases, which helps your heart and lungs work more efficiently. It also increases the amount of oxygen that goes to your brain and the rest of your body. Exercise can help you think better, feel more relaxed, and live a longer, healthier life.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 4

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Getting enough water every day is important for your health. Here's a tip on how to drink more water: Add a wedge of lime or lemon to your water. This can add flavor to your water.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 4

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Food gives us energy, vitamins and minerals to help us grow. The more nutritious foods we eat, the more vitamins and minerals our bodies get.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 5

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join in for a quick morning movement! Stand up and push in your chairs (wait 5 seconds for everyone to do this). Run in place for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. March in place for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Run in place for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. March in place for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Great job! Sit back down.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 5

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Did you know that a 20 oz bottle of lemonade can have as many as 17 teaspoons of added sugar!! Let's all do one jump for each teaspoon!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 5

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, apple. Apples are low in sodium, fat, and cholesterol. They don't offer protein, but apples are a good source of vitamin C and fiber.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 6

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join in for a quick morning movement! Stand up and push in your chairs (wait 5 seconds for everyone to do this). Let's do some BIG arm circles! Forward for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Backward for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Let's do some SMALL arm circles! Forward for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Backward for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Great job! Sit back down.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 6

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Here's today's tip on how to drink more water: Drink one glass of water before each meal. If you do this, that would be at least three extra glasses of water!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 6

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

They say it takes up to ten times of trying a new food to decide if you like it or not. Try a new vegetable like asparagus, beets, radishes, or kale!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 7

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Moving your body is a great way to wake up your mind! Let's try a fun challenge. Can you stand on one foot and raise the other hand high in the air? Balance for 5,4,3,2,1...Great! Now switch! 5,4,3,2,1! Great job!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 7

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Take care of your body when you're stressed by stretching, meditating and taking deep breaths.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 7

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, orange. Oranges are packed with vitamin C. Vitamin C helps your body fight off infections. If you get a cold, vitamin C can help shorten the amount of time you are sick. Choose an orange for snack!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 8

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join in for a quick morning movement! Stand up and push in your chairs (wait 5 seconds for everyone to do this). Imagine you are on the basketball court. Take 10 of your best jump shots! 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Score! Great job! Sit back down.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 8

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Here's today's tip on how to drink more water: Eat more foods that are high in water. Some tasty examples include lettuce, celery, zucchini, cabbage, watermelon, cantaloupe, and honey dew.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 8

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Help do the cooking at home! Cooking can be fun, and you can learn how foods are prepared. Plus, your parents will enjoy an extra set of hands to help! Offer to help prepare dinner tonight!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 9

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Moving in the morning is a great way to get your heart pumping and start the day off right! Let's see if we can make our heart beat a little faster right now. Can you march in place with high knees AND raise your hands at the same time while we count to 30? 1...2...3 (continue to count to 30).

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 9

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Here's today's tip on how to drink more water: Drink one glass of water when you wake up and another before you go to bed. A glass of cold water in the morning may help wake you up. Drinking water before bed can keep you from waking up with a dry mouth and bad breath.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 9

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, spinach. You can buy spinach fresh, frozen, or canned. Spinach can help in increasing muscle growth. Try blending it in your next smoothie or mixing some into your next salad!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 10

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join in for a quick morning movement! Stand up and push in your chairs (wait 5 seconds for everyone to do this). Let's strengthen our legs with some squats. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Shake out those legs. Let's do 10 more! 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Great job! Sit back down.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 10

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Drink water and milk most often! When you are really thirsty, cold water is the #1 thirst-quencher. There's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 10

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Play with your food! Make animals and holiday themes out of fruits, vegetables, and whole grains. Once you've assembled your fun, eat up.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 11

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Movement can be even more fun with a friend. Think about your favorite game to play at recess where you are moving your body. While still being super safe in your classroom space, can you act out part of that game with a partner right now? For example, pretend to throw and catch an imaginary ball with a friend or pretend to twirl a jump rope with your neighbor.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 11

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Water helps us digest and absorb food. Without water, we would not be able to process the foods we eat. Your body needs water, so drink up!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 11

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, broccoli. Broccoli has calcium and helps our bones and teeth grow strong. Try eating it by dipping it in ranch dressing or steaming it for your next side dish!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 12

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join in for a quick morning movement! Stand up and push in your chairs (wait 5 seconds for everyone to do this). Imagine you are on the baseball field. Hit 10 home runs! 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. That ball is out of here! Great job! Sit back down.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 12

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Do you need to drink more water? Bring a water bottle to school and sip on it throughout the day in class. Filling up a 24 ounce bottle three times each day will help you meet your daily water needs.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 12

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Be adventurous! Expand your tastes to enjoy a variety of foods. Make it a weekly goal to try a new fruit or vegetable – it may end up being one of your favorites!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 13

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join in for a quick morning movement! Stand up and push in your chairs (wait 5 seconds for everyone to do this). Let's wake up our shoulders with some shoulder rolls. Roll them forward for 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Roll them backwards for 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Great job! Sit back down.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 13

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Did you know that a 14 oz bottle of chocolate drink can have 10 teaspoons of sugar?! Let's do one jumping jack for each teaspoon of sugar.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 13

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, grapes. Whether you like green or purple grapes better, grapes have high water content and can help you hydrate. Grab a handful of grapes today!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 14

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join in for a quick morning movement! Stand up and push in your chairs (wait 5 seconds for everyone to do this). Let's wake up our legs with some calf raises. A calf raise is done by going on your tippy toes and then going back down to flat feet. Let's try 10. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Great job! Sit back down.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 14

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Getting enough sleep everyday is one of the most important things that you can do for your health. Going to bed at the same time every night and being active during the day are just two ways that can help you to get a restful night's sleep.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 14

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, pineapple. Pineapples are grown in Brazil, Thailand, Philippines, Costa Rica, and Hawaii. Just like oranges, Pineapples are packed full of vitamin C. Vitamin C helps our body fight off sickness. Try mixing pineapple chunks into your yogurt for dessert!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 15

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Try a new activity! What about rollerblading, skateboarding or dancing? Remember 60 minutes of physical activity every day is recommended to keep our bodies healthy.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 15

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Drink up! When you're playing hard, make sure to drink plenty of water. That way, you'll be able to stay in the game.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 15

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, watermelon. Watermelons are good for keeping skin healthy, hydrating the body, and reducing muscle soreness. Add some to your next fruit salad!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 16

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Try to be more physically active every day. Ride your bike to a friend's house or take the stairs instead of using the elevator. These activities will add up throughout the day. As a reminder, strive to get 60 total minutes every day.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 16

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Be sure to drink plenty of water while exercising. Water is much better for you than energy or sports drinks. Sports drinks can have as much added sugar as a soda.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 16

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

There are no good or bad foods, but some should be eaten more than others. The best way to make sure that you get a healthy, balanced diet is to eat a wide variety of foods each day!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 17

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Is it raining or snowing outside? Play a dance video game or Wii Fit! This is a great way to get in those 60 minutes of physical activity on a rainy day.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 17

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

You are in charge of your body. Take care of your body, eat healthy foods, and you will feel good.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 17

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, blueberry. Blueberries are a sweet treat that have disease fighting nutrients called antioxidants. Blueberries help support your heart and brain health! Try freezing blueberries for a cold, summertime treat!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 18

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Be active as a family! Suggest that your family eat dinner together and then take a walk together around your neighborhood. This will not only add some extra physical activity into your day, but will create family bonding time as well.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 18

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Fruit "drinks" and fruit punch are not the same as real fruit juice. They give us too much sugar, and they are not as good for us as real fruit or a small glass of 100% juice.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 18

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

If you don't think that you like fruits or vegetables, keep trying new ones! It can take up to 10 tries before you begin to like a new food. Who knows – it may become one of your favorites!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 19

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Gather your friends and make a new game at recess every week! Recess is a great way to enjoy time with your friends, increase your energy after sitting in class, and get in some of the 60 minutes of exercise that you need each day!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 19

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

It is important to drink at least eight glasses of water each day. Water is the body's most important nutrient – two-thirds of our bodies are composed of water.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 19

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, raspberry. Sweet, red raspberries are not only beautiful and delicious, but healthy. They contain more vitamin C than an orange and they are rich in antioxidants. Try adding some to your next bowl of oatmeal.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 20

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Square Breathing. Breathe in for 4 seconds - 1, 2, 3, 4. Hold your breath for 4 seconds - 1, 2, 3, 4. Breathe out for 4 seconds - 1, 2, 3, 4. Hold your breath for 4 seconds - 1, 2, 3, 4. Repeat as many times as you need to.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 20

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Water is important for your body after any type of physical activity. Skip soda and sports drinks after exercising because they often contain sugars that can further dehydrate your body. Choose water first!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 20

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Start your day with breakfast! Eating breakfast gets you going after a long night without food. It also helps you have energy at school. Easy breakfast ideas include a yogurt parfait with fruit or toast with peanut butter.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 21

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Being active – whether in sports, dancing in your room, or taking a brisk walk – is the best way to feel good, look good, and give your body what it needs. Exercise is also a great stress reducer!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 21

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

It's no contest – when you “Think Your Drink,” milk scores 10 and soda scores zero. Milk provides nine essential nutrients, and soft drinks do not. So drop the pop – and grab milk.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 21

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, carrot. Carrots help improve your vision, skin, and teeth. Try eating carrots cold with your favorite dressing or hummus!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 22

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Skip the elevator and take the stairs! Small steps like this can make a BIG difference in helping your body stay strong and healthy.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 22

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Have you had enough water to drink today? This is a reminder to fill up a glass or bottle.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 22

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

If it is difficult for you to get breakfast in the morning, try setting the breakfast table at night to make your morning a little easier. While you're at it, why not put out a few boxes of whole-grain cereal on the table to pick and choose from? Then all you will have to do in the morning is pour and add milk!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 23

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Join an intramural, club or sports team at your school! This is a fun way to be physically active and enjoy time with classmates too.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 23

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Water makes body parts like ankles and elbows bend more easily and helps food to move through your body.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 23

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, lettuce. Lettuce is almost 95 percent water, so it is low in calories and fat. It also contains fiber and some vitamins. Add some to salads and sandwiches for flavor and crunch!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 24

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

If you live close to school, consider walking or biking to school to get your physical activity started for the day. It will also help you be energized throughout your school day.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 24

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Your body needs water to make up for what you lose through sweating. Water quenches thirst better than any other beverage.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 24

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Sometimes you may not have time to eat a full breakfast before you leave for school. Having a glass of milk, granola bar, or a piece of fruit is a good way to grab something quick instead of skipping breakfast altogether.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 25

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Most kids who exercise every day are happier, do better in school, and deal with problems better than kids who don't exercise. How will you move your body today?

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 25

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Did you know that a 12 oz. can of an energy drink can have 10 teaspoons of added sugar?! Let's do one bunny hop for each teaspoon of sugar.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 25

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, zucchini. Zucchini is rich in nutrients and antioxidants to help fight off disease, improve your vision, and support healthy digestion. Ask an adult at home to buy some for a meal this week.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 26

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Walking is one of the easiest ways to get fit. Can you think of any walking games?

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 26

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Aim to drink 6 to 8 glasses of water a day. Listen to your body; If you are still thirsty after drinking the recommended amount, drink more!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 26

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Wake up to fruit! Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or waffle.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 27

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

What are some ways to exercise when it's raining outside? Try using an exercise video, doing jumping jacks, seeing how many push-ups and sit-ups you can do, or marching in place while watching television.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 27

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Want to add a little flavor to your water? Try fruit infused water; adding slices of fresh fruits, like lemon, orange, lime, cucumber and mint to give your water flavor without added sugar.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 27

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, green beans. Green beans are high in vitamin K, and they also contain calcium. These are important for maintaining strong, healthy bones. Green beans can be bought fresh, frozen or canned year round! Have some green beans with your dinner this week.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 28

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Do you have a birthday coming up? Maybe you can play tag, have fitness contests, or play a team sport at your party.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 28

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Sitting down to share a meal with your family or friends is a great way to relax, enjoy each other's company and create closer relationships.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 28

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Need a quick and healthy idea for your breakfast? Grab your breakfast-on-the-go with a yogurt and fruit parfait topped with granola!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 29

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Stretching is important – it helps your body bend better, and helps prevent hurt muscles. Touching your toes, reaching up, reaching out to the sides, and bending to the side are all great ways to stretch. Have you ever heard of yoga? There are lots of great yoga stretches.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 29

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Make a plan to limit your screen time to 2 hours or less each day. Instead use your time to be with family, friends, or explore a new hobby.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 29

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, corn! Don't let the sweet taste fool you. Choosing corn can lead to better gut health and help lower your chances of getting diseases. The fiber in corn helps you stay full for longer between meals. Try grilling some corn for dinner or a snack!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 30

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Why is it so important to exercise? Exercise helps keep your muscles, bones, and skin healthy so you feel better and look good too. It's also fun!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 30

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Sneak milk into some of your favorite foods for extra dairy each day! Make oatmeal, instant mashed potatoes, scrambled eggs and pancakes with milk instead of water.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 30

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Today's GO food of the day, bell peppers. They're brightly colored, crunchy, and delicious. They have more vitamin C than any other vegetable and they can be used in many ways. Try them raw, grilled, or tossed in soups, stews, and other dishes.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 31

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

If want to become really good at a sport, you have to practice, practice, practice! And remember, doing other sports can even help you become better at your favorite sport, because you'll be moving your body in many more ways.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 31

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Hot chocolate is a warm and delicious treat in the winter. Try making it with low-fat milk to add some extra protein and vitamins!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 31

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Apples, oranges, bananas, oh, my! There are lots of fruit choices to get your five fruits and vegetables a day. What new fruits and vegetables will you try this week?

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 32

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

If you have a physical disability, you can still exercise. Moving your body however you can is important and will make you feel good. Dancing to music – sitting or standing, is great exercise and fun.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 32

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Did you know that soda contains an average of 10 teaspoons added sugar in a 12 oz can. Let's all stand up and do one squat for each teaspoon!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 32

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 33

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

It is important to get at least one hour of exercise in every day, and it doesn't have to be the same thing. Actually it's better for your body to do different activities! How about 15 minutes of walking the dog, a half-hour bike ride, and 15 minutes of freeze tag? How will you move your body today?

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 33

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

The nutrition facts label, found on all food and drink packages, bottles, boxes and cans, tells us how much sugar is found inside one serving. Take a look at the amount of sugar in your favorite drink.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 33

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Are you ready to take a fruit and veggie challenge? Try to increase the amount of fruits and vegetables you currently eat every day for better health!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 34

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Are you running out of exercise ideas? Here are a few: kickball, roller skating, gymnastics, hopscotch, swimming, jumping rope, shooting hoops, riding a bike, walking, running, playing catch, jogging, hiking, tennis, kicking a soccer ball around, handball, tag, going on the swings, and dancing with friends or at home alone.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 34

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Children and adults should aim to drink no more than one small glass of 100% fruit juice each day. You can get the vitamins and minerals by eating whole fruits instead.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 34

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Try to make snacks that have at least two food groups. Examples include: celery and peanut butter, raisins and cereal, fruit and yogurt, cheese and crackers. This way you are getting a variety of nutrients into your day!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 35

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Gather your friends and make a new game at recess every week! Recess is a great way to enjoy time with your friends, increase your energy after sitting in class, and get in some of the 60 minutes of exercise that you need each day!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 35

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

The acid in soda can erode tooth enamel and the sugar in these drinks provides fuel for bacteria that cause tooth decay, aka cavities.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 35

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Instead of reaching for soda or cookies as a snack, try these other sweet options: A homemade smoothie, apples and peanut butter, fruit salad, and yogurt are all healthy and sweet snacks!

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 36

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Four parts of your body get healthier and stronger when you do GO activities. They are: your heart, lungs, bones and muscles.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 36

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Water is good for your brain. Have you ever tried to solve a math problem when you were dehydrated? Your brain cannot properly function if you are not drinking enough water. Drink up!

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 36

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Try a fruit kabob for a fun snack! Skewer your favorite fresh fruit on a stick and dip in yogurt.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 37

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

How do you know that the activity you are doing is a GO activity? You will feel changes in your body, like a faster heart rate, breathing harder, sweating and a warm face. These are all normal signs that you are doing something healthy for your body.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 37

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Low-fat plain milk is a GO beverage like water, because it's loaded with protein, calcium and Vitamin D. Calcium and Vitamin D help your bones grow and your teeth stay strong.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 37

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Cars and trucks run best on the right gasoline. Our bodies run best on healthy foods.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 38

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

Sports aren't the only kind of GO activities. Everyday activities can be GO activities too, like raking leaves, mowing the lawn, sweeping, climbing stairs, and walking a dog.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 38

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Getting enough water every day is important for your health. Here's a tip on how to drink more water: Setting a daily water intake goal. Try to drink two full water bottles in the morning and two full water bottles in the afternoon.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 38

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

The Vitamin C in oranges and in many other fruits and vegetables helps your body heal if you get a cut or a bruise.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 39

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

GO activities like playing kickball, skating, riding a bike, running and doing jumping jacks help your heart and lungs stay healthy, especially if you do them fast!

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 39

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Did you know that a 12 oz. can of sweet tea can have as many as 8 teaspoons of added sugar! Let's do one arm circle for each teaspoon of sugar.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 39

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

Did you know that vegetables are from all different parts of the plant? Spinach is a LEAF. Cauliflower is a FLOWER. Carrots are a ROOT. Asparagus is a STEM. Corn is a SEED.

End the message with...

Enjoy your day, the healthy way!

Move More Monday

Message 40

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Move More Monday!

Today's message:

To strengthen your leg muscles, try doing GO activities like running and jumping jacks.

End the message with...

Enjoy your day, the healthy way!

Water & Wellness Wednesday

Message 40

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Water & Wellness Wednesday!

Today's message:

Many fruits and vegetables hold lots of water that can help you reach your water goals throughout the day. For example, iceberg lettuce is 95 percent water, cantaloupe is 91 percent water, and raw carrots are 88 percent water.

End the message with...

Enjoy your day, the healthy way!

Food Friday

Message 40

Start the message with...

Good morning, this is your Wellness Wakeup Call for this Food Friday!

Today's message:

It's fun to eat a rainbow of colors! Peppers come in red, green, yellow, and orange. Eggplant can be purple or white. Carrots can be orange, yellow, red, or purple. The more colors we eat, the better it is for us!

End the message with...

Enjoy your day, the healthy way!