In bowling, a strike – when you knock down all 10 pins with your first ball – is the perfect shot. Well, here’s a simple way to roll a wellness “strike” twice a day, every day. First, add just 10 minutes of daily exercise to whatever you’re doing now. If you don’t exercise at all, just do 10 minutes of vigorous walking a day. If you already exercise a half-hour a day, stretch it to 40 minutes. Second, get to bed just 10 minutes earlier than usual – be honest with yourself: if you’re normally in bed by 10, shoot for 9:50. 10 more minutes of exercise each day. 10 more minutes in bed each night. Easy formula for improved wellness, right? Who knows – the extra rest and activity might even improve your bowling game!

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

WELLNESS IS A WAY OF LIFE!

This institution is an equal opportunity provider.
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!

ALMONDS
You may have heard that President Obama likes to snack on almonds before bed. As it turns out, that’s not a bad sleep strategy. Almonds contain tryptophan and magnesium, both of which promote relaxation and sleepiness.

PLAY HARDER
OK, so exercise affects sleep quality – but it works the other way around, too. That extra 10 minutes of sleep can increase your physical ability as well. A study at Stanford found that simply by increasing sleep, athletes sprinted faster, had better endurance, lowered their heart rates, and overall felt stronger during their workouts.

LEARN EASIER
Just a little extra sleep each day nourishes the body – and the mind. Sleep researchers estimate that a mere 10-20 minutes more nightly sleep can boost mental performance significantly. Even a very short daily nap can help provide that boost.

LIVE HEALTHIER
You don’t have to lie in bed and count sheep to get to sleep 10 minutes earlier – that extra 10 minutes of exercise you got during the day should help do the trick. The more you exercise, the better you sleep!

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, all of the meals we serve for breakfast and lunch must include fruit or vegetable servings.