

2019 Healthy Texas Week



MORNING ANNOUNCEMENTS

Secondary School

MONDAY: SMART CHOICES

INTRODUCTION

XXXXXX School is proud to be participating in Healthy Texas Week! All week long, we want to help you make healthier choices, so we are going to lead healthy activities each morning! To kick things off, let's start with a quick energizer to help you identify healthier choices for your snacks and get you moving. There are so many options for snacks that are low in nutritional value. It is important to choose foods that will provide you the nutrients you need. Let's test your knowledge!

TEACH HEALTHIER ACTIVITY

Please stand up...I am going to call out different snacks, and you will do an exercise based on if you think it has high or low nutritional value. If you think the snack has a high nutritional value, jog in place. If you think the snack has a low nutritional value, march in place.

List of snacks to call out but add your own if desired.

Pop Tarts (Low). Yogurt with Fruit (High). Fruit in Light Syrup (High). Multigrain Waffles (High). Cheese fries (Low). Energy Drinks (Low). Carrot Sticks with Hummus (High).

CONCLUSION

Just like full meals, snacks should be well-balanced. Avoid snacks with too much sugar and low nutritional value. We challenge you to add a fresh fruit or veggies to your snack each day. Let's make this week the healthiest week of the year!

Optional: Share photos and videos of your healthy activities this week on Facebook, Twitter, or Instagram with the hashtag #HealthyTexasWeek for a chance to win an awesome healthy prize!

TUESDAY: HYDRATION

INTRODUCTION

It's Day 2 of Healthy Texas Week, and we are talking about hydration! Did you know our bodies can go three weeks without food, but we can only go three days without water? Dehydration occurs when we don't drink enough water, making us feel tired and sick. We need to stay hydrated so we can have energy and stay focused in class all day long.

TEACH HEALTHIER ACTIVITY

Your body is worthy of water! We are going to split into pairs or groups for a quick activity.

Divide students into pairs or groups.

With your pair or group, try to create the number eight. **Give them a minute to get settled.**

Awesome job! Now, I want you to try to create H₂O. **Give them a minute to get settled.**

CONCLUSION

Great work! Please take a seat...Do you know why we created eight and H₂O? This is because we need to drink at least eight glasses of H₂O each day to stay hydrated. Let's make it the healthiest week of the year by drinking a glass of water with every meal! If you want to try something new, add lemons, limes, berries, or other fruit to your water for extra flavor.

Optional: Don't forget to share photos and videos of your healthy activities this week on Facebook, Twitter, or Instagram with the hashtag #HealthyTexasWeek for a chance to win an awesome healthy prize!



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WEDNESDAY: ENCOURAGE

INTRODUCTION

It's the third day of Healthy Texas Week, and today, we're going to discuss encouragement. Let's do a quick exercise together.

TEACH HEALTHIER ACTIVITY

Please stand up...Everyone start marching in place. *Pause for 10 seconds.* Now, start jogging in place.

Pause for 10 seconds. Now stop.

Let's do this exercise again. This time, I want all students to start jogging, and I want the teachers to start encouraging them. Ready, set, go! ***Let exercise continue for 10 seconds.***

We are going to do this exercise one more time. Now, I want everyone to start jogging. As you are jogging, start encouraging as many other students as possible.

Let exercise continue for 10 seconds.

CONCLUSION

Please take a seat... I want you to turn to a classmate and share which set of exercises felt the best to do.

Give students time to discuss.

I'm guessing it felt best when you and your peers encouraged one another.

Now, I want you to imagine the opposite situation. What if you were saying negative things to each other?

How would it make you feel? We all do our best when we encourage each other. Let's spread positivity!

Today, we challenge you to find someone and say something positive to make their day.

Optional: You can continue sharing photos and videos of your healthy activities through the weekend on Facebook, Twitter, or Instagram with the hashtag #HealthyTexasWeek for a chance to win an awesome healthy prize!

THURSDAY: SLEEP

INTRODUCTION

It's Day 4 of Healthy Texas Week! Are you feeling tired this morning? How many hours of sleep did you get?

Sleep is just as important to your health as fitness and nutrition. As a student, you should get around 8 ½ or 9 ½ hours of sleep each night.

TEACH HEALTHIER ACTIVITY:

Please stand up...Lift one knee up to your chest. Use both hands to hold and support that knee for 10 seconds.

As they balance, keep reading.

Look down at your feet. Most likely, the small muscle in your foot is shifting to uphold your body and maintain balance.

Now place your foot back on the floor.

Let's do the opposite side. Lift up your other knee. Use both hands to hold and support it for 10 seconds.

Wait for 10 seconds. Now, place that foot back on the floor.

CONCLUSION

I want you to reflect on your morning. Are you struggling to focus in class? Or, do you feel replenished and ready to take on the day? Think about the amount of sleep you had last night. If you aren't getting enough sleep, your body will be fighting to stay alert and focused. This is similar to the way our bodies were fighting to stay upright and balanced in our energizer. We challenge you to get at least 8 hours of sleep tonight! Put away your electronics and turn off the TV a couple of hours before you head to bed. This will let your mind and body unwind, preparing you for a better night's sleep.

Optional: You can share photos and videos of your healthy activities this week on Facebook, Twitter, or Instagram with the hashtag #HealthyTexasWeek for a chance to win an awesome healthy prize!



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Friday: RE-ENERGIZE

INTRODUCTION

It's fifth and final day of Healthy Texas Week, and we are talking about energy! Our bodies need energy balance. This means that we need to balance the energy coming in and going out each day in order to maintain a healthy weight. To demonstrate balance, let's do a quick warm-up activity.

TEACH HEALTHIER ACTIVITY

Please stand up and spread out around the room. Make sure you have enough space so you won't bump into each other... I am going to give you directions to stretch, move, and wake up your brain.

****Direct the participants through the following position.****

Grab your left foot with your left hand, bending your knee behind you. Slowly reach your right hand up, and spread your fingers apart. Hold this position for three seconds. ****Wait 3 seconds.**** Now, slowly bring your right hand down to your side, and let go of your left foot, placing it on the floor.

Now, let's do the same for the other side. Grab your right foot behind you, and reach your left arm up. Straighten your elbow, and let your fingers spread apart. Hold this position for three seconds ****Wait 3 seconds.**** Slowly bring your arm down first, then place your foot on the floor.

CONCLUSION

Great job, everyone! Please take a seat... Energy balance is important for our bodies. Every day we bring energy into our body through the food we eat. We also release energy through our daily activities. We challenge you to eat healthier and get active to maintain your energy balance. Thank you for making this the healthiest week of the year! We are proud of you for getting active and making healthy choices. We hope you take these healthy habits and make them last all year long!

Optional: You can share photos and videos of your healthy activities this week on Facebook, Twitter, or Instagram with the hashtag #HealthyTexasWeek for a chance to win an awesome healthy prize!



For more activities like these, download the Teach Healthier app for free in the iTunes App Store or Google Play!

