**PA Announcements**Hey! Did you know that May is National Physical Fitness and Sports month? To celebrate, we will be holding a fuel your fitness poster contest in our cafeteria for a chance to win some really cool prizes!

**Fuel Up to Play 60 Campaign:
PA Announcements**

What are you doing to stay active today? Did you know that getting up and being physically active can actually help you on that next test or quiz? So what are you waiting for? Get moving!

Have you started your "Physical Activity and Healthy Eating" poster for the contest in honor of National Physical Fitness and Sports month yet? You better hurry! I heard the winner will receive an awesome prize.

Did you eat breakfast this morning? No? Didn’t have time? It’s as simple as eating a bowl of whole grain cereal, low-fat milk and your favorite fruit. It will give you the fuel to stay active and focused for your whole day!

**Menu Blurbs**

**Fuel Up to Play 60 Campaign:
Menu Blurbs**

May is National Physical Fitness and Sports Month, a time to celebrate the importance of being physically active and the benefits exercise can provide for both physical and mental wellbeing.

The Dietary Guidelines for Americans recommend a diet rich in fruits and vegetables, whole grains, and fat-free and low-fat dairy products for persons aged two years and older.[[1]](#footnote-1)

Students who participate in school breakfast show improved attendance, behavior and academic performance as well as decreased tardiness.[[2]](#footnote-2)

The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.[[3]](#footnote-3)

Physical activity may help improve students’ academic performance, including:
 • Academic achievement and grades.
 • Academic behavior, such as time on task.
 • Factors that influence academic achievement, such as concentration and attentiveness in the classroom.[[4]](#footnote-4)

1. Dietary Guidelines Advisory Committee. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, to the Secretary of Agriculture and the Secretary of Health and Human Services. Washington, DC: U.S. Department of Agriculture; 2010. [↑](#footnote-ref-1)
2. Murphy, J. M. (2007). Breakfast and learning: an updated review. Journal of Current Nutrition and Food Science, 1, 3-36. [↑](#footnote-ref-2)
3. U.S. Department of Health and Human Services. [*2008 Physical Activity Guidelines for Americans.*](http://www.health.gov/PAguidelines/guidelines/default.aspx) Washington, DC: U.S. Department of Health and Human Services; 2008. [↑](#footnote-ref-3)
4. CDC. The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010. [↑](#footnote-ref-4)