

A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

12 Days of Fitness

This month, students are learning how to stay active during the holiday season through a campaign called 12 Days of Fitness. Here are ways you can support your child's health this season.

This year, go beyond the holiday hustle and bustle.

Get your family to participate in fun, refreshing activities that brighten your spirits. Not sure where to start? Here's a start:

- Hold a contest to see who can build the biggest snowman in the neighborhood.
- Grab your skates or sled and head outdoors to the local rink or hill.
- Check out the local festivals happening in your community.
- Spread some cheer! Volunteer at local charities. They always need extra help during the holiday season.



12 Days of Fitness at Home

The 12 Days of Fitness is modified from *the 12 Days of Christmas* song and adds new activities each day. It's a lively movement break to get active first thing in the morning, or in the evening after dinner. Try it with family!

**On the twelfth day of fitness,
APPLE Schools gave to me...**

12 jumping jacks
11 chair squats
10 calf raises
9 bum kicks
8 knee lifts
7 arm circles

6 shoulder shrugs
5 high fives
4 table push ups
3 muscles poses
2 toe touches
1 walk around the table

On December 11, start with day one and add the next verse each day after until you've completed all 12 days of fitness. Modify any activities to your preference, or add new ones, and have fun!



For more information about APPLE Schools, visit
www.appleschools.ca

