

## Fairfax County School Health Promotion January Newsletter Articles

### January Energy Train: 60 Minutes for Better Focus!



### Newsletter and/or KIT–Short

Winter is here and there is a chill in the air meaning our bodies need to conserve energy to use as heat. In the winter we might eat a little more and spend more time inside being less active. This can lead to the "winter blahs." Kids and adults may feel more tired, less energetic or bored.

One good way to kick this feeling is go outdoors and play! Winter is a great time for you to enjoy playing outside. The more you move, the warmer you are! So, dress warmly, go outside and take brisk walk or play tag with your friends. And if there's snow on the ground go sledding or build a snowman! [www.fitness.gov](http://www.fitness.gov)

#### More Info:

<http://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm> least 5 days a week!

[http://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet\\_pa\\_guidelines\\_schools.pdf](http://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf)

<http://kidshealth.org/parent/educator/elementary-exercises.html>

[http://activelivingresearch.org/files/ALR\\_Brief\\_ActivityBreaks\\_Feb2013.pdf](http://activelivingresearch.org/files/ALR_Brief_ActivityBreaks_Feb2013.pdf)

<http://www.fitness.gov/>

