

Fairfax County School Health Promotion May Morning Announcements

May Energy Train: Moving Every Day = Healthier You



One-student dialogue:

Our bodies were made to move! Did you know that you need at least 60 minutes of physical activity every day? Physical activity gives you energy, helps you concentrate so you can do better in school and improves your mood. It also helps muscles, like your heart, become stronger and helps keep your whole body healthy. If you can't exercise for an hour, break it up into short activities during the day. Just 15 minutes of exercise 4 times a day is equal to 60 minutes. So come on and jump on the energy train!

{End}



Two-student dialogue:

Student 1: I'm so tired. (Yawns)

Student 2: Why are you so tired?

Student 1: I stayed up playing video games all night.

Student 2: Aw man! You probably should have got up and moved around. Our bodies are not meant to sit still all day. It makes you more tired.

Student 1: Yeah you are probably right. I feel so drained.

Student 2: Physical activity gives you energy, makes you happy and helps you concentrate so you can do well in school.

Student 1: I didn't know that.

Student 2: Yeah, you should move at least 60 minutes every day. We don't get to move around a lot during school so I like to play outside after school with my friends or family. I usually ride my bike or play soccer.

Student 1: That sounds great! I'm going to practice doing physical activity every day for at least an hour and maybe I won't feel so tired.

{End}

