



Health & Wellness

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MSD Wellness Committee
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Healthy Alliance



We believe that...

- If we can empower the people who influence these environments by giving them easy access to the best resources and science-based best practices, we can create a movement that transforms the places kids spend their time into healthy environments that encourage sustainable lifestyles
- Our Healthy Schools Program is currently in more than 20,000 schools in every state and the District of Columbia and Puerto Rico. And it's not just the number of schools in our program but the quality of efforts being made in those schools that make the difference. We make sure each of our schools have the best chance of succeeding by bringing together parents, teachers, schools administrators, and students to each play a specific part to create change on their campus.



Methacton Schools

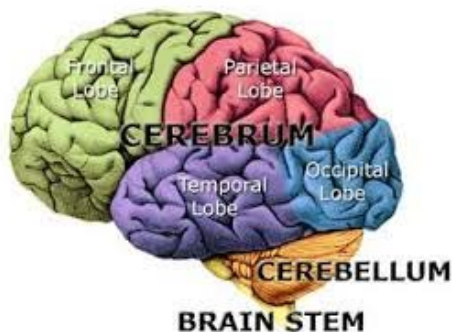
- **Arrowhead:** 12 days of fitness, recess running, Mindful Mornings Mondays
- **Audubon:** Wake up Wednesdays (Chicken Fat), energizers, brain breaks, health fair, short physical breaks
- **Eagleville:** brain breaks, Yoga, Tone Up Tuesdays
- **Woodland:** 2 family gym nights, minute of movement
- **Worcester:** brain breaks, energizers, Let's Move Active Schools
- **Skyview:** newsletter, walking club, biggest loser, students staying hydrated
- **Arcola:** lunch food student survey, cooking class integration
- **Methacton High School:** work out at work, staff 6 am swim, biggest loser, walking club during study halls, wellness tips during morning announcements

Brain Breaks

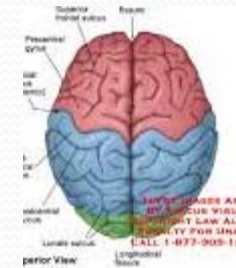
Brain Breaks are physical activities that allow students to reenergize, refresh and refocus. When done periodically throughout the day, brain breaks can help improve student learning.

“Movement facilitates cognition.”

~ Jean Blaydes, neurokinesiologist



There is a growing body of research that supports the benefits of using Brain Breaks.



“Brain research confirms that physical activity – moving, stretching, walking - can actually enhance the learning process.” ~ Eric Jensen, author and educator on brain-based education

The following video provides some examples of commonly used brain breaks.

