



SCHOOL STAFF

LET'S GET MOVING!

Physical activity is important for adults. It can help you take care of yourself and set a good example for your students.

The following tips can increase physical activity opportunities for school staff while at school, at home, and in the community.

AT SCHOOL >>>

- * **Dress appropriately to be active** with your students.
- * **Include physical activities** at all school events.
- * **Go for a walk** at lunch.
- * **Organize** a staff pedometer challenge.
- * **Volunteer** to organize intramurals, coach a team, or lead a walking school bus.
- * **Include active breaks** at staff meetings.
- * **Make movement a priority** for yourself and your students.

AT HOME >>>>

- * **Walk or wheel** instead of driving whenever possible.
- * **When driving, park at the far end of the parking lot.** If you take public transit, get off a couple of stops early.
- * **Decrease the amount of time** you spend on screens.
- * **Be active during screen time** by sitting on an exercise ball or taking a fit break after every 20 minutes.

IN THE COMMUNITY >>>>

- * **Try a non-traditional fitness activity,** such as paddle boarding, roller derby, or water aerobics.
- * **Join** a social sports league.
- * **Try a mall walking program** if the weather is poor.
- * **Look for volunteer opportunities** that include being active, such as coaching a sport team, helping out at a gym, or guiding walks on local trails.