

## TOP 10 BENEFITS OF RUNNING

- OVERALL MENTAL HEALTH
- PHYSICAL STRENGTH
- STRENGTHENS LUNGS
- INCREASES BONE DENSITY
- PREVENTS HIGH BLOOD PRESSURE
- JOINT STRENGTH AND STABILITY
- STRONG IMMUNE SYSTEM
- INCREASED CONFIDENCE
- WEIGHT LOSS
- REDUCE EFFECTS OF DIABETES

### THE COMPLETE FITNESS WORKOUT

- WARM UP: 5-10 MINUTES
- AEROBIC EXERCISE: 20-30 MINUTES
- STRENGTH TRAINING: 20-30 MINUTES
- COOL DOWN: 5-10 MINUTES

[Mrs. Santangelo's Wellness Message](#)

[Ringing Rock's Wellness Policies](#)

[Yoga Videos For Kid](#)

[Belly Breathing](#)

[Chartwells Nutrition Menu](#)

[Pottstown Are Health & Wellness Foundation](#)



### MAKE A HEALTHY KIDS PLATE

Veggies	Fruits	Grains	Protein	Dairy
Make your vegetable bowl. Eat lots of carotenoid and try some herbs.	Fruit is great for you. Experiment with new fruits and vegetables and try some herbs.	Make sure you eat grains every day. Choose whole grains.	Make sure you eat protein every day. Choose lean meats, poultry, fish, and eggs.	Make sure you eat dairy every day. Choose milk or yogurt.

