

TWINSBURG WELLNESS & NUTRITION

To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.

BODIES BUILT HERE



Our Wellness and Nutrition theme for 2015-16 is “**Bodies Built Here**”! Twinsburg City Schools has long been associated with excellence in education...but what a lot of people do not know is that we are also focused on your students physical well-being. Our Food Service Department, under the guidance of Registered Dietitian, Mark Bindus, continues to exceed current Federal Standards for the meals in our schools (acknowledged by Michelle Obama as a **HealthierUS School District**).

Continually finding new ways to offer healthier options that appeal to our students. Our Physical Education staff are creative and focused on getting and keeping your students moving with competitive and non-competitive physical activities during and after school.

Additionally, our Wellness Committee is always looking to encourage students and staff to eat healthy and be active through a variety of different wellness activities. Here are just a few of the things we do in Twinsburg to make a healthier you:

- **Tiger Wellness Workshop** (January 16, 2016)—Health and Nutrition booths, nutrition education, fitness demos, fitness testing for students.
- **New this year, 1 mile TigerFit Fun Run or 2 mile TigerFit Boot Camp Run** (April 23, 2016—A morning of fun, fitness and food for students, family and community.
- **Monday Morsels** - Monday morning nutrition tweets to improve your health @TwinTigerRD
- **Fruit & Veggie Patrol** - Once a month visits to Wilcox and Bissell cafeterias to reward students caught eating fruits and vegetables with small prizes to reinforce positive behavior.
- **New this year, Fear Factor—Veggie Edition**—A “Fear Factor” modeled sampling station for Dodge and RBC students offered every other month to encourage trying new vegetable dishes.