Physical activity breaks allow you to energize your body and brain! They are associated with:

- Improved concentration
- Improved academic behavior
- Improved academic achievement

POWER SNACKS INCLUDE:
- Apples, Bananas, Carrots, and Celery!

Try to include a healthy carbohydrate, protein, and veggies. Having up to 3 healthy snacks a day and eating a wide range of different foods can have a positive impact on health.