

• HERSHEY BEARS® • WELLNESS ALL-STARS

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MOVE YOUR MUSCLES IN THE CLASSROOM

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!

POWER SNACKS

Power snacks are:

- Smart
- Nutrient-Dense
- Affordable Choices Kids Seek



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.



PennState
PRO Wellness