

• HERSHEY BEARS® • WELLNESS ALL-STARS

Sodium

- Too much sodium can lead to heart problems later in life.
- Choose fresh food over processed food to limit your sodium.
- Try your best to not consume over 2,300 mg of sodium each day.

Recess

- Recess helps you physically, emotionally, and socially.
- Participating in recess can help you meet your daily goal of getting in 60 minutes of physical activity.
- Burning off built-up energy during recess increases students' attention span during class.



PENNSYLVANIA STATE UNIVERSITY
PRO Wellness Center



Sources

- <http://www.choosemyplate.gov/food-group/download/TenTips/DGTipsheet14SaltAndSodium.pdf>
- <http://www.cdc.gov/salt/>
- <http://pediatrics.aappublications.org/content/131/1/183.full>
- http://www.cdc.gov/healthyyouth/npao/pdf/LWP_Recess_Brief_2012_13.pdf
- www.pennstatehershey.org/PROwellness