



## Outside Physical Activity!!!!

Welcome everyone to another issue of the **Riverside Wellness Report**. In this issue we have decided to focus our efforts on promoting **Outside Physical Activity!!** As you are aware, our school regularly stresses the importance of wellness and physical activity for our students. Whether it's promoting the consumption of water through our H2O Challenge or providing a Halloween - based obstacle course, we here at Riverside truly care about promoting the importance of overall health to our students. Similarly, for our next initiative we have decided to focus our efforts on Outside Physical Activity as this cost-free initiative can play a vital role in the wellness of our children.



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### Upcoming Events

- ◆ Getting' Outside School Challenge  
Nov. 2-6<sup>th</sup>
- ◆ National Jersey Day  
Nov. 19<sup>th</sup>
- ◆ Christmas Commotion  
Dec. 21<sup>st</sup> & 22<sup>nd</sup>

### Gettin' Outside School Challenge

Riverside Elementary School is proud to announce that they will be teaming up with Recreation NL to offer our students **The Getting' Outside School Challenge**.

During this challenge our elementary students will be attempting to get outside of school for 60 min a day. This will be accomplished through recess, lunch, PE class and other times such as health class etc.

As a result, we ask that you ensure that your child has suitable cloths for outside during these days. We also encourage

you the parents to be role models for this initiative as well by getting outside for some Physical activity during these dates.

Remember to tweet photos to @Rec\_NL and #FindYourFit



## “ParticipACTION Report Card on Physical Activity”



*Our school has recently completed our H2O Challenge and are proud to say that we will be making this a monthly challenge*

A study recently released from ParticipACTION has announced that “the biggest risk to our kids is keeping them indoors” and that only 9% of 5-17 year olds are meeting Canada’s recommended guidelines for physical activity” which is 60 min a day. This research is alarming to say the least so we as adults and caregivers need to take action and lead by example to

promote outside play for our youth.



## How to Increase your Physical Activity!!!

Here are some simple tips to increase your physical activity levels:

- 1.) Use **Active Transportation** – walk, bike, use stairs!!
- 2.) **Park at the back** of the parking lot!!
- 3.) Limit **X-Box, Playstation** use
- 4.) Do something you enjoy - **run, jump, swim, skateboard, snowboard, ski, skate.**
- 5.) Take the **dog for a walk**
- 6.) **Dance** to your favourite music
- 7.) **Rake** the leaves, **shovel** snow, carry the groceries home

**A Huge RIVERSIDE Raptor ROAR to all of our Volunteers!!!**

**THANK YOU!!!**

## Healthy Banana Muffins



### Ingredients:

- 1 cup mashed bannans
- ½ cup brown sugar
- 1/3 cup low fat yogurt
- 3 tbps canola oil
- 1 egg
- 1 ½ cup whole wheat flour
- ¼ cup flax seed
- 1 tsp baking soda
- 1 tsp baking

### Directions:

1. Mix bananas, sugar, yogurt, oil and egg in a large bowl.
2. Add flour, flax seed, baking powder and baking soda
3. Bake for 18-20 min

These muffins are super-simple; all the ingredients are mixed into one bowl, making it easy for teens to prepare or younger kids to help!

They won’t last long!!