



Wellness Wednesday:

“You are what you eat” Dance

Get Moving!

- **Find fun ways to move your body.** There are so many fun ways to get moving! Running, dancing, or even creating an obstacle course in your backyard all get your heart pumping! Be sure to get at least 60 minutes of moderate to vigorous activity each day. Moderate to vigorous activity is any activity that increases your heart rate, breathing rate, and even causes you to sweat.
- **You are what you eat!** You may know that your body turns food into energy, but did you know that the food you eat is used to make all of the cells in your body: bone, skin, blood, brain, and more! That’s why it is so important to choose healthy foods more often. Instead of focusing on avoiding foods that aren’t the healthiest, try instead to focus on including nutritious foods from all 5 food groups. Remember: it’s okay to have small amounts of sweet treats in moderation.

Activity:

- “You are what you eat” Dance
 - <https://www.youtube.com/watch?v=-j1ubZ0iuiE>

chefsa.org

@CHEFSanAntonio

