

## Families Making the Connection

### Move More, Sit Less

Being active is one of the most important things all of us can do to improve health. The *Physical Activity Guidelines for Americans* have been updated to encourage us to move more and sit less. How can we do this?

#### Preschool children (3-5 years of age)

- Should be physically active throughout the day to enhance growth and development
- Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

#### School-age children (6-17 years of age)

- Should do 60 min/day of moderate to vigorous intensity aerobic activity
- Should include bone and muscle-strengthening activities 3 days/week
- Young people should have opportunities and encouragement to do activities that are age-appropriate, enjoyable, and varied.

#### Adults



- Should do at least 150-300 min/week of moderate OR 75 to 150 min/week of vigorous aerobic activity OR a combination
- Should do muscle-strengthening activities 2 or more days/week

#### Examples of activity

- Aerobic: Improves cardiorespiratory fitness (i.e., brisk walking, running, or bicycling)
- Bone-strengthening: Promotes bone growth and strength (i.e., jumping rope or running)
- Muscle-strengthening: Improves muscle strength, power and endurance (i.e., resistance training or weight lifting)

For more info, go to <https://bit.ly/2T9GK3V>.

# JULY 2019 ROUNDY SUMMER FOOD PROGRAM MENU

Monday, July 1	Tuesday, July 2	Wednesday, July 3	Thursday, July 4	Friday, July 5
FRENCH TOAST STICKS & PEACHES	BREAKFAST PIZZA SAUSAGE OR EGG/BACON	CINNAMON BUN & BANANA	HAPPY 4th of JULY!  NO MEALS SERVED!	ENJOY YOUR SUMMER!
CHICKEN PATTY WHOLE GRAIN BUN COLE SLAW BAKED BEANS CANTALOUPE	BEEFY CHEESY NACHOS HAMBURGER, TORTILLA CHIPS, SHREDDED LETTUCE AND CHEESE, SALSA, CORN PEACHES	CHILI CRISPITO CHEESE SAUCE ROMAINE LETTUCE RANCH OR WESTERN DRESSING PINEAPPLE		
Monday, July 8	Tuesday, July 9	Wednesday, July 10	Thursday, July 11	Friday, July 12
CEREAL, PEANUT BUTTER & JELLY SANDWICH	CHOCOLATE MUFFIN & PEARS	BREAKFAST PIZZA SASUAGE OR EGG/BACON	BREAKFAST BISCUIT BISCUIT, SAUSAGE PATTY, CHEESE SLICE EGG PATTY	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.  MENUS MAY BE CHANGED TO CIRCUMSTANCES .BEYOND OUR CONTROL
TACO - HAMBURGER, FLOUR SHELL, SHREDDED LETTUCE AND CHEESE, REFIED BEANS, SPANISH RICE, SALSA APPLESAUCE	CREAMED CHICKEN ON A BISCUIT PEAS PEARS	CHICKEN NUGGETS MASHED POTATOES BROCCOLI WITH CHEESE SAUCE, PEACHES	CORN DOG BAKED BEANS COTTAGE CHEESE PINEAPPLE	
Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19
PANCAKES & SAUSAGE	BREAKFAST PIZZA SAUSAGE OR EGG/BACON	LONG JOHN & APPLESauce	BREAKFAST MOUNTAIN ENGLISH MUFFIN, EGG PATTY CHEESE SLICE, HAM PATTY	THANK YOU FOR ATTENDING OUR SUMMER FOOD PROGRAM
WALKING TACO HAMBURGER, NACHO CHIPS SHREDDED LETTUCE & CHEESE, SALSA CORN MIXED FRUIT	HAMBURGER PATTY WHOLE GRAIN BUN FRENCH FRIES APPLE	BREAKFAST FOR LUNCH SAUSAGE PATTY, OMELET, PANCAKES, TRI TATAR APPLE, GRAPE, & TOMATO JUICE	ASSORTED CHICKEN ENTRÉE MASHED POTATOES STEAMED CARROTS STRAWBERRIES	
Monday, July 22	Tuesday, July 23	Wednesday, July 24	Thursday, July 25	Friday, July 26
CEREAL BAR & FRUIT	DONUT & FRUIT	BREAKFAST PIZZA SAUSAGE OR EGG/BACON	COOKS CHOICE FOR BOTH MEALS	BREAKFAST SERVED MONDAY- THURSDAY 7:30-9:00  LUNCH SERVED MONDAY-THURSDAY 11:00-1:00
HOT DOG WHOLE GRAIN BUN ASSORTED POTATOES APPLE SLICES	TEXAS MOUNTAIN HAMBURGER TEXAS TOAST MASHED POTATOES CHEESE SAUCE PEACHES	BAKED SPAGHETTI ROMAINE LETTUCE RANCH DRESSING ROLL PEARS		
Monday, July 29	Tuesday, July 30	Wednesday, July 31		
LOUISA COUNTY FAIR JULY 23-27				

## July

- National Parks and Recreation Month
- National Watermelon Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>

Source: <https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>