






# fit 4Schools

created by Sanford Health

	Program Outcomes	Application/Challenges	Lesson Topics
	<ul style="list-style-type: none"> <li>Recognize influencers of choices.</li> <li>Make constructive choices that impact the well-being of self and others.</li> </ul>	<p>Check your MOOD.</p> <p>“I Will” make a <b>fit</b> choice.</p>	<p>6. <b>fit</b>-Check</p> <p>1. Be a <b>fit</b> Kid 11. Think <b>fit</b>. Be <b>fit!</b> 16. I Think I Can 21. Your <b>fit</b> Brain</p>
<p>Motivate Your <b>MOOD</b></p> 	<ul style="list-style-type: none"> <li>Recognize emotions and attitudes and how they influence behavior.</li> <li>Manage MOOD to make healthy choices.</li> <li>Manage motivation to adopt healthy behaviors.</li> </ul>	<p>Check your MOOD.</p> <p>“I Will” make a <b>fit</b> choice.</p> <p>Find your motivation.</p>	<p>2. Know Your MOOD 12. Excuses, Excuses</p> <p>17. Bust an “I Won’t” MOOD</p> <p>7. Motivate Your MOOD 22. Motivation Matters</p>
<p><b>RECHARGE</b> Your Energy</p> 	<ul style="list-style-type: none"> <li>Sleep the recommended hours. <i>3 to 5 years = 10-13 hours</i> <i>6 to 12 years = 9-12 hours</i> <i>13 to 18 years = 8-10 hours</i></li> <li>Increase unplugged relaxation daily.</li> <li>Form healthy responses to energy level.</li> </ul>	<p>Get your sleep.</p> <p>Skip the screen.</p> <p>“I Will” make a <b>fit</b> choice.</p>	<p>4. Energize! 9. Good Night</p> <p>14. RECHARGE Daily 19. Get Charged Up</p> <p>6. <b>fit</b>-Check</p>
<p>Think Your <b>FOOD</b></p> 	<ul style="list-style-type: none"> <li>Improve food and beverage choices.</li> <li>Reduce sugar consumption.</li> <li>Increase fruit and vegetable consumption.</li> </ul>	<p>Make <b>fit</b> FOOD choices.</p> <p>Shun the sugar.</p> <p>Go for fruit and veggies.</p>	<p>18. Portion Savvy 23. Shake Up Your Wake Up</p> <p>3. FOOD is Fuel 13. Sugar Counts</p> <p>8. <b>fit</b> FOOD Choices</p>
<p><b>MOVE</b> Your Body</p> 	<ul style="list-style-type: none"> <li>Be physically active throughout the day. <i>60 minutes or more</i></li> <li>Increase intensity of physical activity.</li> <li>Limit screen time.</li> </ul>	<p>Be active!</p> <p>Get moving!</p> <p>Swap the screen.</p>	<p>10. Action Pack Your Day 15. Power Your Brain</p> <p>20. MOVE Your Muscles</p> <p>5. MOVE Many Ways</p>



# fit4Schools At-A-Glance

Topic	Sessions	Topic Objectives	Challenge	National Health Education Standards
<b>1</b>	<b>Be a <i>fit</i> Kid!</b> 1. Choices, Choices 2. <i>fit</i> Choices 3. It's All Connected 4. <i>fit</i> Choice Influencers 5. You Can Make <i>fit</i> Choices	<ul style="list-style-type: none"> <li>•Recognize many choices are made each day.</li> <li>•Name the four parts of <i>fit</i>: RECHARGE, MOOD, FOOD, and MOVE.</li> <li>•Describe <i>being fit</i> as “making choices that are good for your body and brain.”</li> <li>•Identify MOOD and RECHARGE as influencers of FOOD and MOVE choices.</li> </ul>	<b>“I Will” make a <i>fit</i> choice.</b> Make a choice for each part of <i>fit</i> .	1, 4, 5, 6, 7, 8
<b>2</b>	<b>Know Your MOOD</b> 1. How are you feeling? 2. Feelings Put You in a MOOD 3. Recognize Your MOOD 4. MOOD's Influence 5. Turn Your MOOD Around	<ul style="list-style-type: none"> <li>•Identify vocabulary words to describe emotions and feelings that affect MOOD.</li> <li>•Describe MOOD as “‘I Will’ or ‘I Won’t’ make a <i>fit</i> choice.”</li> <li>•Recognize that feelings and MOOD change throughout the day.</li> <li>•Recognize that you can talk yourself into making a <i>fit</i> choice when your MOOD is “I Won’t.”</li> </ul>	<b>Check your MOOD.</b> Tell yourself “I Will” and make a <i>fit</i> choice.	1, 2, 3, 4, 5, 6, 7, 8
<b>3</b>	<b>FOOD is Fuel</b> 1. FOOD is Your Body's Fuel 2. Think What You Eat 3. Think Your Drink 4. Make Healthy Fuel the Easy Choice 5. Think Your Body's Fuel	<ul style="list-style-type: none"> <li>•Describe FOOD as “fuel for a healthy body and brain.”</li> <li>•Identify healthy food and drink choices.</li> </ul>	<b>Shun the sugar.</b> Choose a healthy snack.	1, 2, 3, 4, 5, 6, 7, 8
<b>4</b>	<b>Energize!</b> 1. RECHARGE to Energize 2. Energy Influences Choices 3. Sleep to Restore Your Energy 4. Refresh Energy During the Day 5. Choose to RECHARGE	<ul style="list-style-type: none"> <li>•Describe RECHARGE as “to sleep or relax to get energy.”</li> <li>•Recall that students, ages 6-12, need 9-12 hours of sleep each night.</li> <li>•Describe healthy ways to relax during the day to refresh energy.</li> </ul>	<b>Get your sleep.</b> Set your bedtime to get 9-12 hours of sleep.	1, 3, 4, 5, 6, 7, 8
<b>5</b>	<b>MOVE Many Ways</b> 1. What's in a MOVE? 2. How do you MOVE? 3. Make time to MOVE 4. Make Moving Fun! 5. Plan to MOVE in Your Day	<ul style="list-style-type: none"> <li>•Describe MOVE as “physical activity.”</li> <li>•Recognize that moving benefits your body and brain.</li> <li>•Describe different ways to MOVE.</li> </ul>	<b>Swap the screen.</b> Swap screen time for MOVE time.	1, 4, 5, 6, 7, 8



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6	<b>fit-Check</b> 1. Why do a <i>fit</i> -check? 2. What is a <i>fit</i> -check? 3. Stop and Think 4. Daily Choices 5. <i>fit</i> -check Time	<ul style="list-style-type: none"> <li>•Recognize MOOD and RECHARGE as influencers of <i>fit</i> choices.</li> <li>•Describe <i>fit</i>-check as “checking RECHARGE and MOOD before making a choice.”</li> <li>•Identify times and places to do a <i>fit</i>-check.</li> </ul>	<b>Check Your MOOD and energy.</b> Tell yourself “I Will” and make a <i>fit</i> choice.	1, 4, 5, 6, 7, 8
7	<b>Motivate Your MOOD</b> 1. Fuel Your Body and Brain 2. Choose Healthy FOOD 3. Think Your Snack FOOD 4. Think Your Mealtime FOOD 5. Think Your Fuel	<ul style="list-style-type: none"> <li>•Recall that feelings put you in an “I Will” or an “I Won’t” MOOD.</li> <li>•Describe “Motivate Your MOOD” as “turning an ‘I Won’t’ MOOD around to make a <i>fit</i> choice.”</li> <li>•Describe how to turn a MOOD around with self-talk (e.g., choose to RECHARGE energy, get active, do something fun, and/or do something with a friend).</li> </ul>	<b>Check your MOOD.</b> Find your motivation to make a <i>fit</i> choice.	1, 4, 5, 6, 7, 8
8	<b>fit FOOD Choices</b> 1. Fuel Your Body and Brain 2. Choose Healthy FOOD 3. Think Your Snack FOOD 4. Think Your Mealtime FOOD 5. Think Your Fuel	<ul style="list-style-type: none"> <li>•Recall that FOOD is fuel for a healthy body and brain.</li> <li>•Identify FOOD and drink choices that are best for your body and brain.</li> <li>•Use the stoplight colors of green, yellow, and red as tools to categorize FOOD choices.</li> </ul>	<b>Go for fruits and veggies.</b> Eat fruits and veggies when you snack.	1, 2, 4, 5, 6, 7, 8
9	<b>Good Night</b> 1. Sleep is Brain Fuel 2. Enough Sleep? 3. Prepare to Restore Your Energy 4. Your Sleep Zone 5. Choose to RECHARGE	<ul style="list-style-type: none"> <li>•Recall that students, ages 6-12, need 9-12 hours of sleep each night.</li> <li>•Identify a sequence of activities that make up a bedtime routine.</li> <li>•Describe “sleep zone” as an “environment conducive for sleep.”</li> </ul>	<b>Get your sleep.</b> Plan and follow a bedtime routine.	1, 2, 3, 4, 5, 6, 7, 8
10	<b>Action Pack Your Day</b> 1. The <i>fit</i> Connection 2. MOVE Your Body 3. MOVE at School 4. MOVE at Home 5. Be Active all Day	<ul style="list-style-type: none"> <li>•Describe how MOVE links to RECHARGE, MOOD, and FOOD.</li> <li>•Describe the benefits of physical activity (e.g., energy, focus, motivation).</li> <li>•Plan ways to add physical activity to daily activities.</li> </ul>	<b>Be active!</b> MOVE a new way in your day.	1, 2, 4, 5, 6, 7, 8



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<b>11</b>	<b>Think fit. Be fit!</b>	<ol style="list-style-type: none"> <li>Motivate Your MOOD</li> <li>Think Your FOOD</li> <li>RECHARGE Your Energy</li> <li>MOVE Your Body</li> <li>Be fit!</li> </ol>	<ul style="list-style-type: none"> <li>Identify RECHARGE, MOOD, FOOD, and MOVE as the four parts of healthy living.</li> <li>Explain that RECHARGE and MOOD influence FOOD and MOVE choices.</li> <li>Demonstrate how to do a <i>fit</i>-check to self-assess energy and MOOD and make a healthy choice.</li> </ul>	<p><b>“I Will” make a <i>fit</i> choice.</b> Make a choice for each part of <i>fit</i>.</p>	1, 2, 3, 4, 5, 6, 7, 8
<b>12</b>	<b>Excuses, Excuses</b>	<ol style="list-style-type: none"> <li>“I Will” or “I Won’t”</li> <li>Silly Excuses</li> <li>Real Excuses</li> <li>Excuse Busters</li> <li>Turn Around</li> </ol>	<ul style="list-style-type: none"> <li>Identify MOOD as “I Will’ or ‘I Won’t’ make a <i>fit</i> choice.”</li> <li>Recognize that an “I Won’t” MOOD leads to excuses instead of constructive choices.</li> <li>Demonstrate making a <i>fit</i> choice instead of making an excuse.</li> </ul>	<p><b>Check your MOOD.</b> Tell yourself “I Will” and make a <i>fit</i> choice instead of an excuse.</p>	1, 2, 3, 4, 5, 6, 7, 8
<b>13</b>	<b>Sugar Counts</b>	<ol style="list-style-type: none"> <li>FOOD and Drink</li> <li>Signs and Labels</li> <li>Sugar Alert</li> <li>The Juice on Juice</li> <li>Think Your Fuel</li> </ol>	<ul style="list-style-type: none"> <li>Recall water and milk as the healthiest drink choices.</li> <li>Identify the amount of sugar in a beverage using its food label.</li> <li>Identify fruit as the healthier choice over fruit juice.</li> </ul>	<p><b>Shun the sugar.</b> Choose water or milk for your drink.</p>	1, 2, 3, 4, 5, 6, 7, 8
<b>14</b>	<b>RECHARGE Daily</b>	<ol style="list-style-type: none"> <li>RECHARGE Influences Choices</li> <li>RECHARGE During the Day</li> <li>Refresh Your Energy</li> <li>Boost Your Energy</li> <li>Get Your RECHARGE</li> </ol>	<ul style="list-style-type: none"> <li>Recognize the need to RECHARGE throughout the day.</li> <li>Describe quiet activities to RECHARGE throughout the day.</li> <li>Describe movement activities to RECHARGE during the day.</li> </ul>	<p><b>Skip the screen.</b> Unplug and relax without a screen.</p>	1, 3, 4, 5, 6, 7, 8
<b>15</b>	<b>Power Your Brain</b>	<ol style="list-style-type: none"> <li>Your Brain on MOVE</li> <li>Activate Your Brain</li> <li>MOVE for a Healthy Brain</li> <li>MOVE to Remember</li> <li>MOVE with Others</li> </ol>	<ul style="list-style-type: none"> <li>Explain that moving (physical activity) increases brain activity.</li> <li>Explain that an active brain can better absorb information for learning.</li> <li>Demonstrate how to encourage friends and family to increase physical activity.</li> </ul>	<p><b>Be active!</b> MOVE your body to power your brain.</p>	1, 4, 5, 6, 7, 8



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<b>16</b> <b>I Think I Can!</b>	<ol style="list-style-type: none"> <li>1. "I Can't" and "I Won't"</li> <li>2. Beat those Barriers</li> <li>3. Give it a Try</li> <li>4. And You're Off!</li> <li>5. Did it!</li> </ol>	<ul style="list-style-type: none"> <li>•Recall MOOD and RECHARGE as influencers of <i>fit</i> choices.</li> <li>•Identify constructive choices for RECHARGE, MOOD, FOOD, and MOVE.</li> <li>•Discuss barriers that prevent healthy choices.</li> </ul>	<p><b>"I Will" make a <i>fit</i> choice.</b> Make a choice for each part of <i>fit</i>.</p>	1, 3, 4, 5, 6, 7, 8
<b>17</b> <b>Bust an "I Won't" MOOD</b>	<ol style="list-style-type: none"> <li>1. Your MOOD and Your Choices</li> <li>2. Talk to Yourself</li> <li>3. RECHARGE for a Better MOOD</li> <li>4. Be Happy</li> <li>5. Take Charge of Your MOOD</li> </ol>	<ul style="list-style-type: none"> <li>•Recognize that MOOD influences FOOD and MOVE choices.</li> <li>•Demonstrate four strategies to motivate MOOD:               <ul style="list-style-type: none"> <li>-Talk to a trusted friend or adult</li> <li>-Self-talk</li> <li>-Relax to RECHARGE energy</li> <li>-Decide upon a fun way to MOVE</li> </ul> </li> </ul>	<p><b>Check your MOOD.</b> Bust your "I Won't" MOOD and make a <i>fit</i> choice.</p>	1, 2, 4, 5, 6, 7, 8
<b>18</b> <b>Portion Savvy</b>	<ol style="list-style-type: none"> <li>1. Portion Distortion</li> <li>2. Your Portion, Your Choice</li> <li>3. Pondering Portions</li> <li>4. Size It Right</li> <li>5. Portion Connections</li> </ol>	<ul style="list-style-type: none"> <li>•Identify FOOD as fuel for a healthy body and brain.</li> <li>•Describe a portion as "the right amount of food for your body."</li> <li>•Relate real objects and hands to portion sizes.</li> </ul>	<p><b>Make <i>fit</i> FOOD choices.</b> Check your snack portions.</p>	1, 3, 4, 5, 6, 7, 8
<b>19</b> <b>Get Charged Up</b>	<ol style="list-style-type: none"> <li>1. Recharge Your Energy</li> <li>2. Boost Your Brain and Body</li> <li>3. Sleep</li> <li>4. Relax</li> <li>5. Charge Up Your Mind and Body</li> </ol>	<ul style="list-style-type: none"> <li>•Recognize that RECHARGE is necessary for a healthy body and brain.</li> <li>•Recognize that sleep is a vital part of maintaining a healthy body and brain.</li> <li>•Practice relaxing activities to benefit your body and brain.</li> </ul>	<p><b>Skip the screen.</b> Relax (without technology) during the day and get 9-12 hours of sleep.</p>	1, 4, 5, 6, 7, 8
<b>20</b> <b>MOVE Your Muscles</b>	<ol style="list-style-type: none"> <li>1. The Talk Test</li> <li>2. Low Intensity Activities</li> <li>3. Moderate Intensity Activities</li> <li>4. Vigorous Intensity Activities</li> <li>5. MOVE Every Day</li> </ol>	<ul style="list-style-type: none"> <li>•Identify low, moderate, and vigorous intensity levels of movement.</li> <li>•Demonstrate low, moderate, and vigorous intensity levels of movement.</li> <li>•Describe the benefits of low, moderate, and vigorous intensity levels of movement.</li> </ul>	<p><b>Get moving!</b> Increase the intensity of your physical activity.</p>	1, 4, 5, 6, 7, 8



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21	<b>Your <i>fit</i> Brain</b>	<ol style="list-style-type: none"> <li>1. RECHARGE Your Brain</li> <li>2. Your Brain on MOOD</li> <li>3. Your Brain on FOOD</li> <li>4. Your Brain on MOVE</li> <li>5. Your Brain on <i>fit</i></li> </ol>	<ul style="list-style-type: none"> <li>•Recognize that RECHARGE (sleep and relaxation) helps the brain focus, interpret, and store information.</li> <li>•Recall that a positive MOOD allows the brain's creativity to take over.</li> <li>•Recognize that healthy FOOD choices give your brain energy.</li> <li>•Describe ways to MOVE to brighten and activate your brain.</li> </ul>	<p><b>"I Will" make a <i>fit</i> choice.</b> Make a choice for each part of <i>fit</i>.</p>	1, 4, 5, 6, 7, 8
22	<b>Motivation Matters</b>	<ol style="list-style-type: none"> <li>1. Motivate Your MOOD</li> <li>2. Goal Setting</li> <li>3. Stay Motivated</li> <li>4. Everyday Motivation</li> <li>5. Achieve Your Goals</li> </ol>	<ul style="list-style-type: none"> <li>•Recognize motivation as the drive that encourages you to do your best and keep going.</li> <li>•Use goal setting as a strategy for motivation.</li> <li>•Describe scenarios when motivation is necessary or beneficial.</li> </ul>	<p><b>Find your motivation.</b> Set your own <i>fit</i> goal.</p>	1, 2, 3, 4, 5, 6, 7, 8
23	<b>Shake Up Your Wake Up</b>	<ol style="list-style-type: none"> <li>1. Breakfast Basics</li> <li>2. Breakfast Benefits</li> <li>3. Healthy Breakfasts</li> <li>4. Breakfast Barriers</li> <li>5. 5 Star Breakfast</li> </ol>	<ul style="list-style-type: none"> <li>•Identify energy and concentration as benefits of eating breakfast.</li> <li>•Identify obstacles to eating a healthy breakfast.</li> <li>•Choose healthy breakfast options using MyPlate categories.</li> </ul>	<p><b>Make <i>fit</i> FOOD choices.</b> Eat breakfast every day.</p>	1, 2, 3, 4, 5, 6, 7, 8