

Join the Wellness Wave!

Take care of your whole health

Wellness policies help your school create a healthier, more active environment. But the real fun starts when you get involved! Here's how participating in wellness activities benefits you:

- **Healthy Meals & Snacks:** Enjoy delicious, nutritious snacks and learn how to make smart food choices.
- **Active Breaks:** Join in on exciting activities and get moving outside of PE class.
- **Smart Choices:** Make the best choices for your body and stay energized throughout the day.
- **Mental Health:** Boost your mood and manage stress through regular activity and healthy eating.



Dive into wellness and discover how fun it can be to take care of yourself!



Want to join the fun?

Ask your school how you can get involved in wellness activities and start making healthy changes today!

ADD QR
CODE



COLORADO
Department of Education
School Nutrition

This institution is an equal opportunity provider.