


# SHAPE WOODSTOCK

School Health And Physical Education



74%

of High School Sophomores in Woodstock report **NOT** getting the recommended **60 minutes** of daily physical activity.

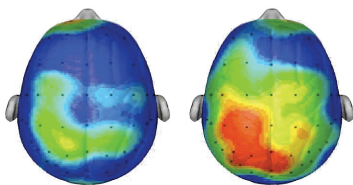
79%

of High School Students in Woodstock report **NOT** eating the recommended daily amount **fruits & vegetables**.

## WOODSTOCK IT'S TIME TO GET MOVING!



Healthy Bodies = Healthy Minds



After sitting quietly    After 20 minute walk  
(More color indicates more brain activity)

Research/Scan compliments of  
Dr. Chuck Hillman, University of Illinois

### GOALS OF THE PROGRAM:

- Provide instruction in healthy eating habits and nutrition
- Increase physical activity for students

### WHAT DOES THIS MEAN FOR YOUR CHILD AND YOUR FAMILY:

- Curriculum that supports lifelong physical activity
- Nutrition and gardening education for students and families to promote healthy eating habits

[www.woodstockschoools.org](http://www.woodstockschoools.org)

# 2015 WORKSHOP SERIES



## LOCATION:

Woodstock North High School  
Auditorium 3000 Raffel Rd • Woodstock  
6-7 p.m.



## WIN ONE OF THESE GREAT DOOR PRIZES

- Pedometers
- Water Bottles
- Basketballs
- Towels
- Footballs
- Redfeather
- Soccer Balls
- Snowshoes

Looking for a way to help your child with their academic progress? Want to see their test scores skyrocket? Come to a very important workshop featuring **Paul Zientarski, founder of the Learning Readiness Program at Naperville School District.** His incredible information will leave you with a whole new outlook on how your child's brain learns. For more info check out [www.learningreadinesspe.com](http://www.learningreadinesspe.com)

## LOCATION:

Woodstock North  
High School  
3000 Raffel Rd  
Woodstock



- Composting
- Starting Seeds (greenhouse)
- Nutrition Workshop
- Creating & Planning Healthy Meals

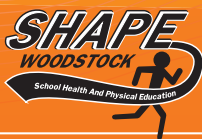
## LOCATION:

Soulful Prairies  
4706 Alden Rd  
Woodstock



## LOCATION:

Loyola University  
Retreat and Ecology Campus  
2710 S Country Club Rd  
Woodstock



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## Sponsors & Partners



## FOR QUESTIONS AND INFORMATION CONTACT:

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