



"Score One for your Health": PH&S and the Timbers are teaming up to promote a healthy lifestyle for youth.

The Annual Portland Timbers U23s Providence Health & Fitness Days are events dedicated to schools of all levels, including elementary, middle and high school. Our goal is to provide fun, educational activities in an engaging atmosphere to motivate students to learn how to make healthy lifestyle choices.

Students will benefit from a variety of informative displays on topics ranging from nutrition, stretching and fitness, to sports safety, concussion awareness, and the ill effects of tobacco use. Here are the activities planned for your students:

<u>Table Topic</u>	<u>Description</u>
Healthy & Fit	Learn how to make healthy food choices and fun ways to stay active and exercise. See proper portion sizes and hands-on techniques to promote healthy eating choices.
Anti-tobacco	Kids will learn the dangers of smoking and have the opportunity to make a pledge to "rebel" against smoking.
Screen time – How much is ok?	Learn the latest research on the proper amounts of screen time including Television, video games, smart phones and computers.
Sleep habits	How much sleep do you need? Activities to support healthy sleep.
Hydration/ beverage choice	How much water do I need? Quick tips to know you are hydrated. Learn how to make the best beverage choice for your body based on your activity level.
Maintain that Brain	What's the big deal about a concussion anyways? Learn about brains, including hands-on exhibits. Understand what a concussion really is and how to protect your head. If you have had a concussion, come share your story with us and help educate others.
How far can you jump?	Kids can test their skills in the vertical and long jumps. Distance will be measured and compared to norms for age and gender. Kids can learn how jump training can improve athletic performance and prevent injury.

Learn more at www.Providenceoregon.org/healthykids



Flexibility	It is important to have good flexibility to decrease the risk of back and leg injuries. Hours spent sitting at desks and computers leads to tight muscles and can lead to injury. We encourage stretching as part of daily activities and will demonstrate stretches that can be easily done at school or home.
Yoga	Yoga is mindful movement and stretching. We get inspiration from plants and animals for the positions we use. Join us for some fun and energetic practice!
PB & J	Kids will learn how to protect their bones and joints, specifically knees and shoulders. They will learn stretching and basic anatomy with hands-on joint models. Trivia questions will test their new knowledge and they can participate in an activity to help them learn how doctors apply stitches.
Save your Spine!	Most students carry too much weight in backpacks that don't fit correctly. This can lead to back pain, neck pain, headaches and long term postural problems. Come learn how to carry the load properly.
Bullying	Help students identify what a bully is and what to do if they, or a friend, is being bullied. Learn how to prevent bullying through positive social interactions. We'll offer hands-on, interactive activities.
Healthy Heart	Learn heart healthy ideas such as eating from a plate containing colorful fruit and vegetables, daily exercise and refraining from smoking. Basic concepts of blood flow through the heart using a 3D heart model, blood pressure, and cholesterol will be introduced. Kids can listen to their heartbeats using a stethoscope and participate in a quiz on heart healthy concepts.
Safety Equipment	Students will learn why safety gear during sports is essential to keep them healthy. They will have the opportunity to try on different equipment and learn how it helps to prevent injury.
