

# MARCH

For National Nutrition Month, you will continue to focus on engaging in cardiovascular and flexibility exercises and eating a healthy breakfast each day.

## POINTS (The *maximum* number of points that can be earned for each category is listed below.)



### CARDIOVASCULAR EXERCISE (Walking, Biking, Swimming, Running, etc.)

- 30 minutes = 1 point
- 60 minutes = 2 points



### EATING A HEALTHY BREAKFAST (see link for healthy breakfast items)

- Healthy Breakfast = 1 point




















### FLEXIBILITY

- 15 minutes = 1 point
  - o Please see link for flexibility exercises.

YOU MUST GET A TOTAL OF **20** POINTS TO REMAIN ELIGIBLE FOR YOUR MIP POINTS.

YOU MUST GET A TOTAL OF **75** POINTS TO BE ELIGIBLE FOR THE MONTHLY DRAWING.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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