














MILITARY CHILDREN'S HEALTH MONTH

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April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 Let's End Violence Information Expo April 4th 10-2 Fitness Center <small>Sexual Assault Awareness & Prevention Month</small>	 PERFORMANCE TRIAD Sleep, Activity, and Nutrition ARMY FAMILY <small>IS AN UNSTOPPABLE FORCE</small>		 QUIT TOBACCO. make everyone proud <small>www.ucanquit2.org</small>	1
2	3 Fuel to the Max 1500-1630	4 Diabetes Prevention 1030-1200	5 Tobacco Cessation 1 of 3 1430-1530 	6 Family Tip of the Day: Stay active together– take a walk after dinner, play at the park, or go for a bike ride	7 Visit the HAWC Check out a bike and... 	8
9	10 Family Tip of the Day: Practice building a healthy plate with your child by making 1/2 the plate fruit/veg, eating a variety of lean protein and low fat dairy, & choose whole grains	11 Be Well Cardio/Strength 0800-0900 Be Well AC 0900-1000	12 Tobacco Cessation 2 of 3 1430-1530 	13 NEW! MOVE! Weight Loss “Dine Out/Manage Stress” 5 of 8 1100-1200	14 Family Tip of the Day: Strengthen bones by running, skipping, jumping rope, or playing sports like volleyball, basketball or tennis	15
16	17  Check your body composition on our Tanita scale. Self-serve Includes printout!	18 Diabetes Prevention 1030-1200	19 Tobacco Cessation 3 of 3 1430-1530 	20 Family Tip of the Day: Eating meals together promotes healthier eating and gives families time to talk, listen and build relationships	21  Visit the HAWC Zen room for a chair massage	22
23	24 Family Tip of the Day: Kids can strengthen their muscles by climbing on playground equipment or participating in martial arts	25 Be Well Cardio/Strength 0800-0900 Be Well AC 0900-1000	26 Family Tip of the Day: Quit the clean plate club– encouraging or bribing your kids to clean their plate may lead to overeating	27 NEW! MOVE! Weight Loss “Fine Tune Physical Activity/Weight Plateaus” 6 of 8 1100-1200 Running Clinic 1400-1600	28 Family Tip of the Day: Make the healthy choice the easy choice: have fruit, veggies, cheese sticks, and yogurt on hand for snacks	29
30	 Know Your Numbers! Visit the HAWC for a Blood Pressure Check	Family Tip of the Day: Reduce screen time (TV, computer, video games and phones) to 2 hours per day	 IS YOUR SUPPLEMENT CLEAN? FIND OUT >> www.opss.org	Family Tip of the Day: Be a good role model to your kids– go to bed on time, eat healthy meals and be physically active as a family	 MOVE! Coach Mobile App for Weight Loss	