



## Physical Activity: Health Booster for ALL Age Groups

May is a great time to raise awareness about the advantages of regular physical activity for people of all ages and body types.

Getting regular exercise and playing sports can make a difference in your life and the lives of those around.

That's why it's important that communities like ours offer opportunities and ideas for us all to get more physically fit -- and have fun while doing it!

**Source: Healthfinder.Gov**

Here are a few ideas to get moving in the right direction:

- Take a walk with friends!
- Go for a bike ride!
- Participate in community sponsored fitness activities
- Talk to teachers and administrators to make sure it's a part of your kid's school day.
- Speak with local leaders who can help spread the word about the importance of regular exercise!



## The Power of Pets: Proven to Benefit Mental Health!

There are endless benefits to owning a pet. Beyond bringing owners joy and companionship, pets can help keep your health in check. It has been shown that pet owners tend to have less stress, lower blood pressure, and are at lowered risk for heart-disease due to an increase in the amount of exercise that owning a pet requires.

Science is now proving that "pet therapy" may help improve mental health as well. Animals of all types are being shown to calm anxiety and relieve stress in people of all ages ranging from young children to the elderly. In one study a group of

**Source: Time Magazine**

stressed-out adults were told to pet a rabbit, a turtle or a toy. While the toys had no effect, the other two living creatures showed to help relieve anxiety.

While further research is needed to explain exactly why it works and how much animal interaction is needed to reach the optimal results, it's becoming more and more clear that pets are good for your health. If you or a loved one is experiencing anxiety or stress, a pet may be just what the doctor ordered.

# EVENT CALENDAR ☆ JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3		5	6	7	8	9
10	4	12	13	14	15	16
17	18 Program Introduction, Meet & Greet Sign ups Food served, art project 	19 Stretch for Success And lots of other games!	20 Dodge Ball  Freeze Tag	21 FLAG DAY Create individual birthplace country flags And Freeze Tag	22  Yummy Fruit – and how it helps our bodies! Basketball & Relay Games	23
24	25 OLYMPICS FIELD DAY Two teams set up! who will win?	26 Ever wanted to learn YOGA?	27 Garden Day! 	28 Science and food Learn how they go together!	29	30