

MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were "hunter-gatherers," in motion daily, looking for food. The most successful of these early humans were those who excelled at this ability to move around – and they were the ones who survived to pass their DNA down

the millennia to us. We, however, are NOT out

every day hunting and gathering. In fact, many of us are mostly sitting, resting, and staring at screens! That's why making sure we get movement is so crucial for our quality of life. The more we can make sure we're active and moving, the better our health will be.

the big number

2

It probably took our hunter-gatherer ancestors less than two days to meet our recommended minutes of physical activity for a whole week.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

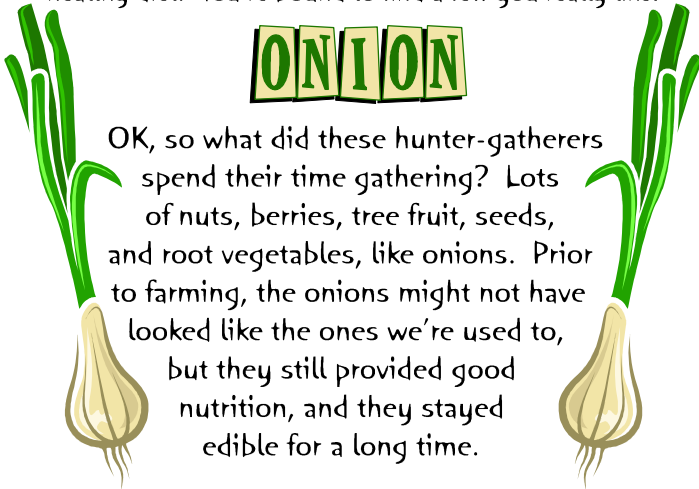
WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"MOVE"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



OK, so what did these hunter-gatherers spend their time gathering? Lots of nuts, berries, tree fruit, seeds, and root vegetables, like onions. Prior to farming, the onions might not have looked like the ones we're used to, but they still provided good nutrition, and they stayed edible for a long time.

LIVE HEALTHIER

People who live in the hunter-gatherer cultures that still exist today generally do not suffer from many prominent modern health problems – including diabetes, hypertension, high blood pressure, obesity, high cholesterol, heart disease, and many cancers. Several of these cultures do not even have a word for "insomnia," because sleep disorders don't seem to be known to them! So should we all become hunter-gatherers then? Of course not! But we can avoid or limit highly processed foods, sugar, alcohol, saturated



fat, and too much dairy. And we can incorporate lots of motion into our lives and get regular, restful sleep.

LEARN EASIER



As early humans began to cook their food, they also got smarter! Cooking made chewing and digestion easier and made the nutrients in food more readily accessible. This led to a smaller gut and smaller teeth and allowed for the brain to become larger and more complex.

PLAY HARDER

A study of one of the few remaining hunter-gatherer cultures left in the world found that while they don't often engage in intense physical exertion, and almost never run, they spend time every day walking and otherwise moving around. And, overall, they remain active and vigorous even late in life.



First
things
First



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Healthy Fruits
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School Meals
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, we've established calorie maximums for our meals, which helps us cut added sugar from our offerings!



DON'T 4GET!
Take at least
ONE
FRUIT
or
VEGGIE
and at least
THREE
items total
so your meal counts
as a complete lunch!



School Meals
We serve education every day

This newsletter is provided as a wellness resource by Gorham School Dining Services.