

# MAKE SOME TRACKS.



the big number

# 150

150 minutes of brisk walking a week -- that's five half-hour walks -- can deliver fantastic health benefits

Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity most people can do every day. The health benefits of walking are simply amazing. Just 30 minutes of vigorous walking a day helps you sleep better, reduces stress, increases energy, strengthens your heart and bones, and helps prevent diabetes



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vigorous



and a host of other ailments -- and all the while toning your muscles. Wow! And walking isn't just good for your health -- it's good for your busy schedule and good for your wallet, too. You can walk anywhere and anytime, so there's no need to make special plans just to exercise. And when you walk regularly, who needs to spend money on a health club? The whole world's your gym!



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

**WELLNESS IS A WAY OF LIFE!**

*North Colonie Food Service Department*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"MAKE SOME TRACKS"

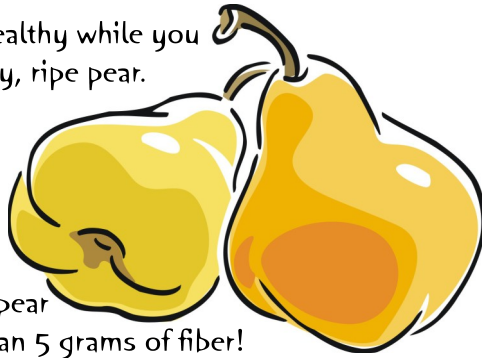
## EAT BETTER

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

### PEARS

Eat something healthy while you walk -- like a juicy, ripe pear.

Pears are a great source of vitamins C and K and other key nutrients. Best of all, a medium pear provides more than 5 grams of fiber!



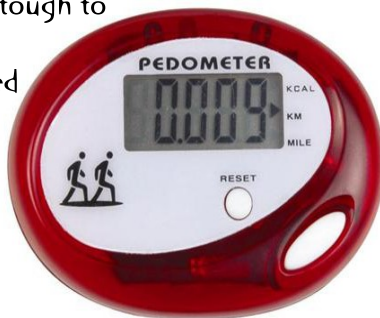
## LEARN EASIER



No matter how old you are, moderate exercise like walking increases blood flow to your brain and makes your mind healthier, too. That adds up to a boost in school performance for students and a decrease in age-related memory-loss for older folks.

## PLAY HARDER

Walking is one form of exercise that isn't expensive or difficult to start doing or tough to get the hang of. All the equipment you really need is good footwear, but a \$5 pedometer is useful, too. It keeps track of your walking distance during the day and helps measure your progress.



## LIVE HEALTHIER

You don't have to walk in a beautiful outdoor setting -- although that certainly doesn't hurt! Whether you walk inside or out, night or day, at work, school, or play, the key is the total number of steps you take -- including every step you take, for any reason. To realize all the great health benefits of walking, try to work up slowly to 10,000 steps on most days. Use that pedometer!



## Walking the walk.

When it comes to serving healthy meals to our students every day, we do what needs to be done. We follow the strictest safety and cleanliness standards and provide our staff with comprehensive food safety training that goes far beyond what a typical commercial restaurant gives its employees. We also follow nutrition standards that are the healthiest in the food service industry. And we do our level best to serve these excellent, healthy meals to as many kids as we can, including providing free and reduced-price meals for families who qualify.

Convenient, economical, healthy School Meals. We don't just talk the talk. We walk the walk for your kids every day.

**School Meals**  
*We serve education every day™*

*North Colonie Food Service Department*