



GPS WELLNESS TIPS

District Wellness Committee: Take a note from the experts! 😊

Aim for endurance training. Stretch daily.

Cottoral
Rusty Crockett

Drink 8 8oz cups of water daily.

Charter Oak
Cass Brassard

Learn the label lingo. Eat less packaged food.

Child Nutrition
Susan Cox

Water is the BEST beverage.

Junior HS
Bethany Knight

Don't drink sugar calories. Sugar drinks are most fattening.

High School
Bret Stone

Replace 1 cup of coffee/pop with water daily.

Central
Dani Watson

Do short workouts. Intensity is important; not time.

Fogarty
Chancie Helton

Know your portion sizes. Track what you eat.

Central Office
Michelle Chapple

Limit carbs to Net 30 grams daily.

Central Office
Carmen Walters

Exercise at least 30 minutes daily.

Central Office
Jana Wanzer