

Healthy Schools
in motion

I Love to Run

jump, play, skate, dance...



Calling all
grades 5 and 6
teachers...

October 2007 is **I Love to Run** month – a program that promotes goal-setting, moderate and vigorous physical activity, and positive healthy living choices. Participating students receive certificates. Participating schools receive an “energy break” DVD and recognition.

Family, student and teachers’ guides will be sent to all schools in September.

I Love to Run Month
Healthy Schools *in motion*
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 **in motion**[™]
Physical Activity - do it for life!

Healthy Kids,
Healthy Futures

 **Healthy Child Manitoba**
Putting children and families first

Manitoba 