

# WELLNESS CHAMPIONS UPDATE

January 2017



## Blender Bike Makes Debut at Battle Creek Elementary

Holly Dunsmore's 4<sup>th</sup> grade class got a tasty treat the week before Winter Break when they took a study break to get some physical activity and indulge in a healthy snack. You can get your school's students spinning some smoothies too by reserving the blender bike. SPPS Nutrition Services can provide your ingredients at a cost of \$8.50 per 10 four-oz. servings and Allina funds can be used to cover these expenses. Go to <http://www.spps.org/Page/28372> to book the bike for your school today!

## WALKIN' IN A WINTER WONDERLAND

MN DOT and the state are teaming up for Minnesota's first Winter Walk & Bike to School Day on February 1, 2017. The event has been timed to coincide with the Great Northern—3 winter festivals occurring within a 2 week period. Start simple with either a small activity or an entire school affair, the point being to get outside for at least 15 minutes. Schools interested in a Bus/Drop/Walk should contact Carol Grady. Don't let the cold scare you off—get outside and like the folks in this [Atlantic](#) article, *enjoy winter, don't just endure it.*

Allina Funds – get 'em while they're hot!



As we enter the second half of the school year time is ticking away and with that goes the chance to tap into Allina funding. Don't leave money on the table and miss out on this opportunity for your school. Contact Carol today with your proposal before time runs out!

## Contact info:

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