
















# HEALTHY FROM HOME

Columbia Heights Public Schools creates worlds of opportunity for each and every learner where all belong and all succeed. We support the whole child from academics to mental health and everything in between. Health is more than just physical fitness – we invite you to be **HEALTHY FROM HOME**. Choose activities from the five different categories (fitness, outdoors, nutrition, well-being and creativity) and mark them off as you complete them!

We want to see how you're staying healthy at home! Share your photos and videos with us by using hashtags [#HealthyFromHome](#) and [#HealthyHylanders](#) or send them to your teacher for a chance to see your face on District social media! For more ideas on how to stay healthy from home, visit [colheights.k12.mn.us/HealthyFromHome](https://colheights.k12.mn.us/HealthyFromHome).

Fitness	Outdoors	Nutrition	Well-Being	Creativity
Take a stretch break outside!	Go on a nature walk! 	Skip coffee and/or soda for a day! Better yet...make it a week- or month-long challenge!	<u>Take a Community Education class!</u>	Tie-dye something!
Go swimming! 	Plant something and care for it throughout the summer!	 Drink one more glass of water than normal!	Read a book outside!	Leave encouraging messages on the sidewalk with chalk! 
Go for a walk!	Go stargazing! Best accompanied by snacks and cozy blankets! 	Make a smoothie!	Watch the sunrise or sunset! 	Have a dance party!
Play your favorite sport! 	Have a backyard campout!	Try a new recipe that includes at least two vegetables! 	<b>FREE SPACE</b>	Make a work of art using only organic matter (leaves, grass, sticks). 
Create an obstacle course!	Visit a local park! 	Visit a farmers market! <u>Hint: check out the FREE Blooming Heights Produce Market this summer!</u>	Write down 10 things you're grateful for! 	Trace shadows with chalk!
Walk or bike to a place you'd normally drive to! 	Play your favorite board game...outside!	 Make a healthy snack you haven't tried before!	<u>Meditate for 30 minutes!</u>	Find a craft book at the library and try something new! 