



Staff Wellness:

Why It Matters and What Can Be Done



Tuesday, January 12, 2016

What is Fit to Learn?

A free professional development opportunity to help prepare elementary teachers to integrate physical activity and healthy foods into the classroom and be leaders of wellness in their own classrooms and schools.

- **Implementation:** Model healthy behavior and fit healthy habits into daily learning by integrating nutrition education and fitness into classroom lessons.
- **Cultivation:** Promote and share wellness ideas not only within your own classroom but with your team. Cultivate a culture of wellness at your school by creating and implementing health-promoting lesson plans, school policies and programs. Be a leader for wellness!
- **Recognition:** Recognize the good work that teachers will accomplish by collaborating with principals, parents, and other school staff to integrate healthier food and fitness into the culture of the school.

- Attend one full-day Fit to Learn session and choose three booster sessions.
- Practice/start implementing in your classrooms.
- Share wellness messages and ideas with other teachers in the school- be a leader! Work with your principal, other teachers, parents and students to create a healthy school building.
- Participate in HSC's evaluation of the program.
- Invite your school principal to a Fit to Learn Breakfast in April 2016.

Poll Question

Who are you?

Agenda

- Leading by example
- Get physical!
- Healthy eating (Allison Polke, CPS OSHW)
- Don't do it alone!
- Stay healthy

- **Healthy Students are better learners**

- Improved test scores
- Greater attention span
- Better behavior

- **Healthy Teachers are more engaged**

- Increased energy and focus
- More patience
- Improved confidence
- Feel better



Renee Epstein and Lisette Kreuzer B-Well



Beyond the Books: Teacher Wellness



Ultimately, the teachers union agreed to a lesser pay increase in exchange for a full-time massage therapist in the faculty lounge.

Presented By:

BOWELL

customized events that promote wellness, build morale & create community connections

Be Well to Perform Well

Renee Epstein and Lisette Kreuzer

Our Story...

As teachers ourselves, we were aware that for many teachers, exercise and healthy eating often take a back seat to classroom workload and demands. It has always been clear the healthier lifestyle a teacher has, the more success that teacher will see in their classroom. Rather than just saying someone should create a program for teachers to help them achieve their wellness goals, we decided to go out there and do it ourselves. Thus, B-Well was born.

Promote wellness. When we feel our personal best we can perform more effectively at work, home and within our communities.

Build morale. When people feel empowered and energized by one another, team work and collaboration flourish.

Unite communities together. B-Well unites community businesses that have some shared relationship to wellness (whether it be through movement, food, art or music), all while making a direct, community connection with the specific group hosting the wellness event.

B-Well offers events that promote wellness and build morale while utilizing resources within your own Chicagoland community. We provide wellness day events customized to your group's particular needs, budget and available time.



customized events that promote wellness, build morale & create community connections

mybwellevent@gmail.com

630.776.1130

www.b-wellevents.com

Being Well Benefits Everyone

INCREASE FOCUS AND ATTENTION

COMBAT STRESS AND ANXIETY

DECREASE DISCIPLINE PROBLEMS

REDUCE RISK OF CHRONIC DISEASE

STRONGER SENSE OF SELF
WORTH

IMPROVE ATTENDANCE

SUPPORT POSITIVE SOCIAL ENVIRONMENT

BETTER MENTAL HEALTH

IMPROVE MORALE

INCREASE SELF ESTEEM AND IMAGE

IMPROVE COGNITIVE FUNCTION: MEMORY

BOOST AND MAINTAIN ENERGY

BOOST ACADEMIC ACHIEVEMENT

IMPROVE JOB SATISFACTION

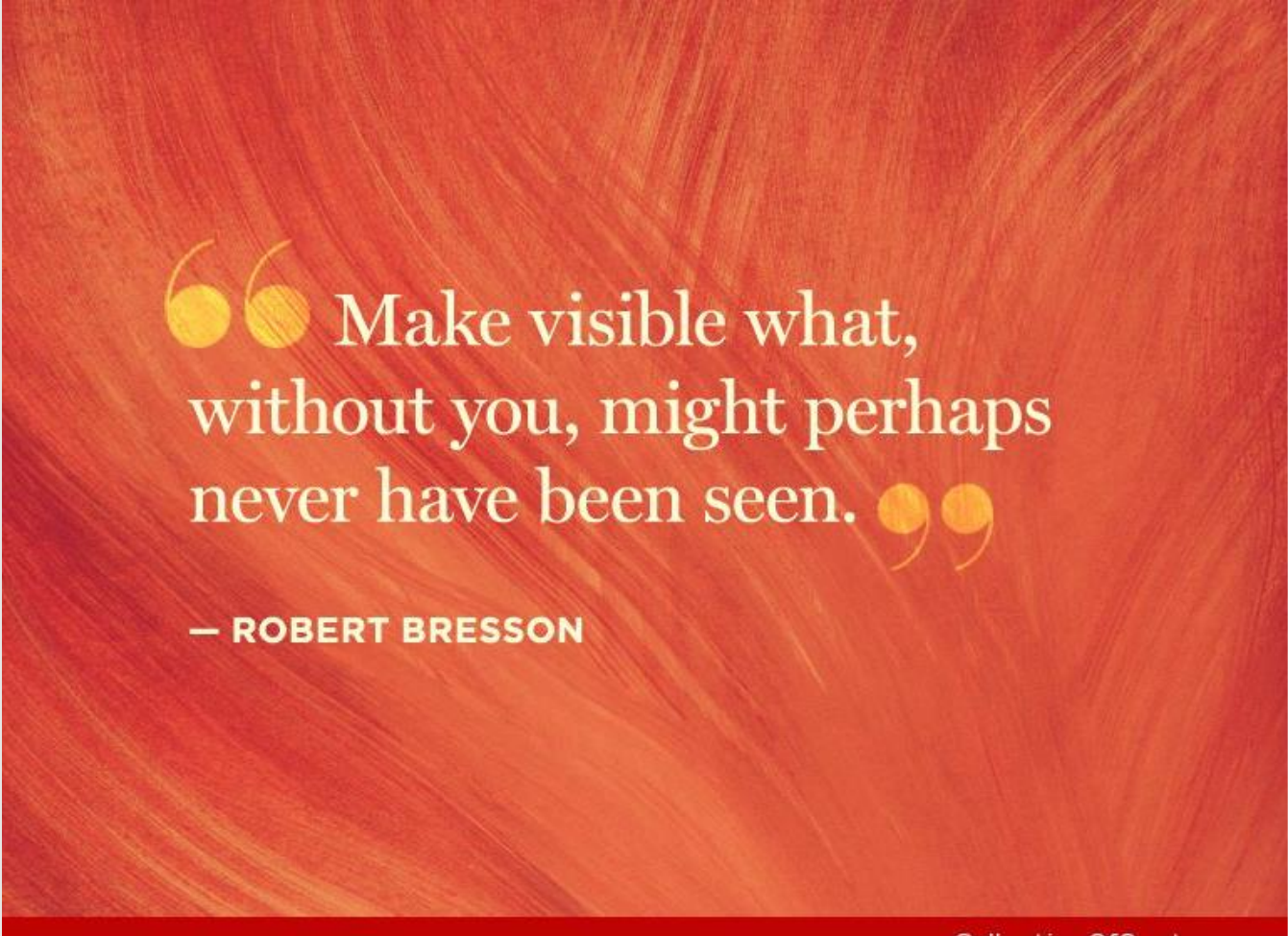
MAINTAIN HEALTHY BODY WEIGHT

INCREASE PERSONAL CONNECTIONS

Setting Goals

consider setting goals centered around the following

- Take 10,000 steps per day
- Drink 8, 8oz glasses of water per day
- Get active
- Make wise food choices; focusing on natural foods
- Find time to BREATHE



“ Make visible what,
without you, might perhaps
never have been seen. ”

— ROBERT BRESSON

Model healthy wellness choices for our students you can be certain they are watching.



Goal #1: Take 10,000 Steps

“If you take 10,000 steps per day you will have walked the equivalent of nearly 5 miles.”(Harvard Health Publications, “Counting Every Step You Take”)



1. **Track it.** Get an activity tracker. Don't empty your bank accounts! A simple pedometer can be found online for \$.95
2. **Take a lap.** Walk a 5 minute lap before or after school or during lunch. Aim to go up and down stairs twice on your walk.
3. **Walk it out.** Park further away from the entrance to get in a few extra steps.
4. **Face time.** Walk to a colleague's room instead of sending an email. This promotes collegiality and earns you extra steps.
5. **Buddy system.** Find a coworker to walk and chat with. “Activity tracker users with one or more friends to track their progress with are 25% more active.”
6. **Don't miss a step.** Share the number of steps with your class. This will make you accountable and encourage your students. Think about a class incentive if you make 10,000 steps for an entire week!

Goal #2: Drink 8, 8oz Glasses of Water a day

“Getting enough water is the single most important thing you can do to live a healthier life. It is estimated that over 99% of Americans do not get the proper amount of water their body needs.” (healthylifejournal.org, “The Importance of Water”)

- **Skim the sugar.** Limit intake of sugary drinks, (pop, flavored waters, energy drinks etc.) especially in front of your students.
- **Go clear.** Model for students the importance of drinking water. Consider getting a clear water bottle so students can see what you are drinking.
- **Veg out.** Try out a fruit/veggie infused water bottle. This will flavor your bottle and provide you with essential nutrients.



Goal #3: Get Active

“Whatever exercise you choose, commit to establishing exercise as a habit, almost like taking a prescription medication. After all, they say that exercise is medicine, and that can go on the top of anyone’s list of reasons to work out.” (Harvard Health Publications, [“Regular exercise changes the brain to improve memory, thinking skills”](#))

- **Kick the habit.** Find a new workout (studio/gym/video) that suits and excites you. Get creative; being active is not limited to a class, gym or video. Go for a hike, bike ride, sled, ice skate etc.
- **Stick with it.** Make exercise part of your weekly routine. You may want to insert a consistent time to exercise, with reminders, to your google calendar.
- **Stand up.** Get from behind your traditional desk and create a standing desk with boxes or crates. You’ll burn more calories while grading papers, instructing or returning emails and you have a better vantage point of your class.
- **Deskercize.** Incorporate simple, yet effective moves throughout the day. For example desk pushup and tricep dips or calf raises, wall sits, and seated leg raises.
- **Let’s get physical.** Get your students moving as much as possible. Physical activity will help them to focus more effectively while encouraging healthy habits. For instance, try a daily class warm up or have students move to various locations in the classroom when answering questions.
- **Assign it.** Have your students log their daily, physical activity then analyze and graph the data. Log your’s too!

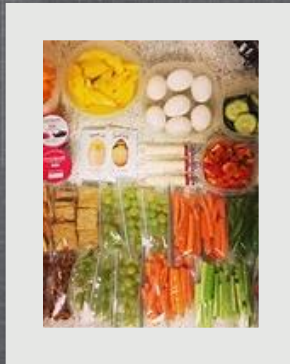


Exercise Time / T.V. Time
1 minute of Exercise Time earns 1 minute of Television Time

Exercises Done/ T.V. Watched	Exercise	T.V.
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>



Goal #4: Make Wise food choices



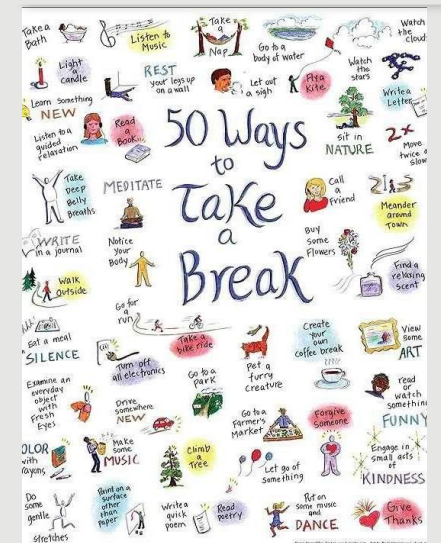
“Your food choices each day affect your health — how you feel today, tomorrow, and in the future.”
(President’s Council on Fitness, Sports and Nutrition)

1. **Box it.** Pack your lunch Bento Box style. This will force you to enjoy a variety of foods while limiting your quantity of any one item.
2. **Friendly competition.** Hold a Healthy Recipe contest with your colleagues during a Friday lunch break. This will give you motivation to try new recipes and create an environment that supports healthy living.
3. **Bag it up.** Keep preportioned, wholesome snacks in your desk to prevent you from nibbling on the unhealthy snacks.
5. **Stick to the basics.** Choose foods that are whole, natural foods with nothing added to them. Keep it simple with fresh fruits, vegetables, whole grain and lean meats. You will have the energy and nourishment you need to teach.
6. **Let’s eat.** Host a Healthy Feast in your classroom. Teach your students about the food groups, necessary daily intake, portions sizes etc and then feast on some healthy options. Even make a class cookbook of healthy snack options for after school.
7. **Supermarket savvy.** Teach your kids about advertising and marketing scams used in grocery stores to lure them toward unhealthy foods. Maybe take a field trip to a supermarket to see them in action.

Goal #5: Find time to sleep and get proper rest

“Loss of sleep impairs your higher levels of reasoning, problem-solving and attention to detail, but sleep isn’t just essential for the brain. Sleep affects almost every tissue in our bodies. It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health.” ([News in Health](#), “The Benefits of Slumber”)

- **Om.** Infuse stretching and breathing exercises into your daily lesson plan. This is good for you and your students as a way to quiet your brains before learning.
- **Let the music play.** During breaks, make a habit of playing relaxing music. This will calm you from past frustrations and rejuvenate you for the rest of the day’s encounters.
- **Post it.** Start a laughter/quote/motivation board in your lounge or classroom. Invite colleagues and students to join in. This becomes a hub for taking a breath during the school day.
- **Get some zzzzs.** Aim to sleep 7-8 hours each night. Encourage your students to get the proper amount of sleep as well. Creating a consistent bedtime routine can be very helpful



apps B-Well Love



- **Moves**- Automatically records any walking, cycling and running. Records distance, duration, steps and calories burned.
- **FitStar Personal Trainer**- Craft personal, custom workout plan including demonstrations.
- **C25K**- “Couch potato” to running a 5K! Step by step guidance that eases you into walking, jogging and eventually running a 5K.
- **Strong Lifts**- Generates 3, 45 minute workouts/week to build muscle and lose fat.
- **MyFitnessPal**- Easy calorie counter.
- **Shop Well**- Scan barcodes at home or in the store to find out if foods are a good match for your dietary needs.
- **Calm**- Quick, daily session of guided meditation.
- **Sleep Cycle**- Wakes you during your lightest sleep, 30 minutes prior to your typical alarm, relieving you from being jolted out of bed.

Thank you and Be well

Contact B-Well At

Renee Epstein and Lisette Kreuzer

mybwellevents@gmail.com

630-776-1130

Visit B-Well At

b-wellevents.com

FaceBook



Poll Question:
Do you have a personal wellness goal?



Allison Polke

CPS Office of Student Health & Wellness





 **LEARNWELL**
— AN INITIATIVE OF HEALTHY CPS —

**BE A HEALTHY ROLE
MODEL**



★ ★ ★ ★
HEALTHY CPS
— OFFICE OF STUDENT HEALTH & WELLNESS —

BE A HEALTHY ROLE MODEL

- Promote healthy lifestyles at school and school activities
- Well-nourished students have:
 - » Better academic performance and test scores
 - » Better attendance
 - » Better classroom behavior



BE A HEALTHY ROLE MODEL

- Eat nutrient rich foods in front of students
- Drink water throughout the day
- If drinking a sugar sweetened beverage change containers
- Incorporate movement intervention into class time (See FocusWELL)



HEALTHY SNACKING

Snacks should be:

- »High in **fiber**
- »Choose foods such as: whole wheat crackers, whole grain bread, fruits, and vegetables
- »High in **protein**
- »Lean meats, beans, peanut butter, nuts, seeds, hummus, yogurt, milk, and cheese
- »Low in fat
- »Low-fat or fat free yogurt, milk, cheese
- »Lean meats
- »Limit processed foods



HEALTHY SNACKING

Protein and fiber combination

- »Regulates blood sugar
- »Keeps you fuller longer
- »Helps you avoid overeating at meals

Nutrient Dense Snacks

- »High in nutrients, low in calories
- »Think an apple with peanut butter!

Limit: Energy Dense Snacks

- »High in calories, low in nutrients
- »Think potato chips!





HEALTHY SNACK IDEAS

- Hummus, vegetables, and whole wheat pita chips
 - Fat-free yogurt, fruit, and whole grain graham crackers
 - Low-fat/fat-free string cheese, granola bar, and apple
 - Yogurt parfait: fat-free/low-fat yogurt, cranberries, granola
 - Vegetables and low-fat Greek yogurt dip
 - Banana and peanut butter
 - ½ Peanut butter and jelly sandwich with a glass of skim milk
 - Popcorn with little to no butter or salt added
-

HEALTHY BEVERAGES

Only 2 drinks our body NEEDS

Milk

- » Calcium for strong teeth and bones
- » 3 glasses a day
- » Choose low-fat (1%) or fat-free (skim)



Water

- » 60% of our body is made of water
- » 6 to 8 cups a day
- » Keeps organs healthy
- » Cleans our body
- » Good for skin, eyes, and nails



HEALTHY BEVERAGES



Drinking unhealthy beverages impacts:

- » Bone health: phosphoric acid
- » Teeth: phosphoric acid and sugar
- » Kidneys: sugar and caffeine
- » Pancreas: sugar
- » Heart: caffeine and sugar
- » Stomach: acid and carbonation
- » Weight: sugar

NUTRITION LABEL READING

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
<i>Trans</i> Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

SERVING SIZE AND CALORIES

Nutrition Facts	
Serving Size	1 slice (47g)
Servings Per Container	6
Amount Per Serving	
Calories	160
Calories from Fat 90	
% Daily Value*	
Total Fat 10g	150%

Start here

Check the total calories per serving

NUTRIENTS TO LIMIT

Saturated Fat:

Solid
Animal
Clogs arteries
↑ cholesterol production

total calories
per serving

Limit these
nutrients

Total Fat 10g
Saturated Fat 2.5g
Trans Fat 2g
Cholesterol 0mg
Sodium 300mg

% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%

Unsaturated Fat:

Liquid
Plants
Heart healthy

Trans Fat:

Solid
Manmade
Least healthy fat
↑ “bad” cholesterol
↓ “good” cholesterol
“Hydrogenated”

NUTRIENTS TO LIMIT



2,300 mg/day

People ages 2+ that do not
fit criteria for reduced
intake

1,500 mg/day

African Americans ages 2+

Adults ages 51+

People ages 2+ with high blood
pressure, diabetes, or chronic
kidney disease

NUTRIENTS TO LIMIT

1 teaspoon of salt = 2,300 mg sodium

2/3 teaspoon of salt = 1,500 mg sodium

Foods typically high in sodium:

Processed snack foods

Canned soups and vegetables

Pre-packaged meals/snacks

Frozen meals/snacks



wiseGEEK

NOTABLE NUTRIENTS

Fiber

25g/day for women
38g/day for men

Use vitamin and mineral percentages as a guide for daily intake

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

Don't judge a food by its CARBS!

Total Carb 15g		5%
Dietary Fiber less than 1g		3%
Sugars 1g		
Protein 3g		
Vitamin A 0%	Vitamin C 4%	
Calcium 45%	Iron 6%	
Thiamin 8%	Riboflavin 6%	
Niacin 6%		
<p>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p>		

% DAILY VALUE

total calories per serving		% Daily Value*	
Limit these nutrients		Total Fat 10g	15%
		Saturated Fat 2.5g	11%
		Trans Fat 2g	
		Cholesterol 0mg	0%
		Sodium 300mg	12%
		Total Carb 15g	5%
Get enough of these nutrients		Dietary Fiber less than 1g	3%
		Sugars 1g	
		Protein 3g	
		Vitamin A 0%	Vitamin C 4%
		Calcium 45%	Iron 6%
		Thiamin 8%	Riboflavin 6%
Quick Guide to % Daily Value:		Niacin 6%	
		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
5% or less is low			
20% or more is high			

- ***Based on 2,000 calorie intake per day***
- 5% or less is low
- 20% or more is high
- Use as a guide

INGREDIENT LIST

- Ingredients are listed in order by weight from largest to smallest
- Consider the number of ingredients
- Think twice if you have trouble pronouncing the majority of ingredients listed

Cholesterol	Less than 2,400mg	2,400mg
Sodium	Less than 2,400mg	2,400 mg
Total Carbohydrate	300g	375g
Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		
** Intake of trans fat should be as low as possible		
INGREDIENTS: WHOLE WHEAT AND WHEAT FLOUR, SALT, SPICES, RICE FLOUR, WHEY, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONCALCIUM PHOSPHATE), BEET POWDER, PAPRIKA, CALCIUM SULFATE, NON-FAT MILK POWDER, EXTRACT OF PAPRIKA, DEHYDRATED EGG YOLK, CARAMEL COLOR (TREATED WITH SULFITE AGENT), AND GARLIC POWDER.		

NEW PROPOSED NUTRITION LABEL

% Daily Value
guidance:

< 5% is low

> 20% is high

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories

230

% DV*

12% **Total Fat** 8g

5% **Saturated Fat** 1g

Trans Fat 0g

0% **Cholesterol** 0mg

7% **Sodium** 160mg

12% **Total Carbs** 37g

14% **Dietary Fiber** 4g

Sugars 1g

Added Sugars 0g

Protein 3g

10% **Vitamin D** 2mcg

20% **Calcium** 260mg

45% **Iron** 8mg

5% **Potassium** 235mg

* Footnote on Daily Values (DV) and calories
reference to be inserted here.

Serving size in
common measures

Check total calories
per serving

%DV will be listed

Vitamin A and C no
longer called out

PERCENT FAT

$$(\text{Calories from Fat} \div \text{Total Calories}) \times 100 = \% \text{ fat}$$

$\geq 25\%$ = HIGH fat food

Flamin' Hots

$$(100/160) \times 100 = 62.5\% \text{ fat!}$$



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate), and Salt.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 21 pieces)

Amount Per Serving

Calories 160 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 13g **4%**

Dietary Fiber less than 1g **2%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Thiamin 6% • Riboflavin 2%

Niacin 4% • Vitamin B₆ 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

PERCENT FAT

$$(\text{Calories from Fat} \div \text{Total Calories}) \times 100 = \% \text{ fat}$$

$\geq 25\% = \text{HIGH fat food}$

Baked Flamin' Hots

$$(45/120) \times 100 = 37.5\% \text{ fat!}$$



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Soybean, Canola, and/or Sunflower Oil), Salt, Sea Minerals (Calcium Carbonate and Magnesium Carbonate), Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color (Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5), Hydrolyzed Corn Protein, Onion Powder, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Maltodextrin (Made From Corn), Whey Protein Concentrate, Garlic Powder, Buttermilk, Natural Flavor, Sodium Diacetate, Lactic Acid, Disodium Inosinate, Disodium Guanylate, and Skim Milk.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 34 pieces)

Amount Per Serving

Calories 120 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 17g **6%**

Dietary Fiber less than 1g **3%**

Sugars less than 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

Vitamin E 2% • Thiamin 10%

Riboflavin 4% • Niacin 4%

Magnesium 4% •

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Pepsi

Type: Bottles, Cans and Cartons

Size: 20 fl oz

Nutrition Info:

Serving size 8 fl oz (240 mL)
Servings per 20 fl oz container: 2.5

	Per Serving		Per Container	
	8 fl oz	%DV*	20 fl oz	%DV*
Calories	100	-	250	-
Total Fat (g)	0	0	0	0
Sodium (mg)	20	1	55	2
Total Carbs (g)	28	9	69	23
Sugars (g)	28	-	69	-
Protein (g)	0	-	0	-

Not a significant source of other nutrients.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calorie and nutrient values are rounded as required by the Food & Drug Administration.
This can produce irregularities among sizes. Product may not be available in all areas.

Ingredients:

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVOR

Original 8 Ounce

Supplement Facts

Serving Size 8.0 fl.oz. (240ml)

Servings Per Container: 1

Amount Per Serving	%Daily Value*	
Calories	140	
Total Carbohydrate	31g	10%
Sugars	31g	†
Vitamin B2	3.4mg	200%
Vitamin B3	20mg	100%
Vitamin B5	10mg	100%
Vitamin B6	2mg	100%
Vitamin B12	6mcg	100%
Sodium	40mg	2%
Energy Blend	1.35g	
Taurine	1000mg	†
Ginkgo Biloba Leaf Extract	150mg	†
Caffeine	80mg	†
Guarana Seed Extract	25mg	†
Inositol	25mg	†
L-Carnitine	25mg	†
Panax Ginseng Extract	25mg	†
Milk Thistle Extract	20mg	†

*Percent Daily Values are based on a 2000 calorie diet. †Daily Value not established.

INGREDIENTS: CARBONATED WATER, SUCROSE, GLUCOSE, CITRIC ACID, TAURINE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM CITRATE, CAFFEINE, CARAMEL COLOR, BENZOIC ACID, SORBIC ACID, L-CARNITINE, INOSITOL, NIACINAMIDE, CALCIUM PANTOTHENATE, MILK THISTLE EXTRACT, GINKGO BILOBA LEAF EXTRACT, GUARANA SEED EXTRACT, PANAX GINSENG ROOT EXTRACT, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, CYANOCOBOLAMIN.

Original 16 Ounce

Supplement Facts

Serving Size 8.0 fl.oz. (240ml)

Servings Per Container: 2

Amount Per Serving	%Daily Value*	
Calories	140	
Total Carbohydrate	31g	10%
Sugars	31g	†
Vitamin B2	3.4mg	200%
Vitamin B3	20mg	100%
Vitamin B5	10mg	100%
Vitamin B6	2mg	100%
Vitamin B12	6mcg	100%
Sodium	40mg	2%
Energy Blend	1.35g	
Taurine	1000mg	†
Ginkgo Biloba Leaf Extract	150mg	†
Caffeine	80mg	†
Guarana Seed Extract	25mg	†
Inositol	25mg	†
L-Carnitine	25mg	†
Panax Ginseng Extract	25mg	†
Milk Thistle Extract	20mg	†

*Percent Daily Values are based on a 2000 calorie diet. †Daily Value not established.

INGREDIENTS: CARBONATED WATER, SUCROSE, GLUCOSE, CITRIC ACID, TAURINE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM CITRATE, CAFFEINE, CARAMEL COLOR, BENZOIC ACID, SORBIC ACID, L-CARNITINE, INOSITOL, NIACINAMIDE, CALCIUM PANTOTHENATE, MILK THISTLE EXTRACT, GINKGO BILOBA LEAF EXTRACT, GUARANA SEED EXTRACT, PANAX GINSENG ROOT EXTRACT, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, CYANOCOBOLAMIN.

Original 24 Ounce

Supplement Facts

Serving Size 8.0 fl.oz. (240ml)

Servings Per Container: 3

Amount Per Serving	%Daily Value*	
Calories	140	
Total Carbohydrate	31g	10%
Sugars	31g	†
Vitamin B2	3.4mg	200%
Vitamin B3	20mg	100%
Vitamin B5	10mg	100%
Vitamin B6	2mg	100%
Vitamin B12	6mcg	100%
Sodium	40mg	2%
Energy Blend	1.35g	
Taurine	1000mg	†
Ginkgo Biloba Leaf Extract	150mg	†
Caffeine	80mg	†
Guarana Seed Extract	25mg	†
Inositol	25mg	†
L-Carnitine	25mg	†
Panax Ginseng Extract	25mg	†
Milk Thistle Extract	20mg	†

*Percent Daily Values are based on a 2000 calorie diet. †Daily Value not established.

INGREDIENTS: CARBONATED WATER, SUCROSE, GLUCOSE, CITRIC ACID, TAURINE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM CITRATE, CAFFEINE, CARAMEL COLOR, BENZOIC ACID, SORBIC ACID, L-CARNITINE, INOSITOL, NIACINAMIDE, CALCIUM PANTOTHENATE, MILK THISTLE EXTRACT, GINKGO BILOBA LEAF EXTRACT, GUARANA SEED EXTRACT, PANAX GINSENG ROOT EXTRACT, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, CYANOCOBOLAMIN.



NOT RECOMMENDED FOR CHILDREN, PREGNANT OR NURSING WOMEN, OR THOSE SENSITIVE TO CAFFEINE.



FRUIT PUNCH

+ OTHER NATURAL FLAVORS

Nutrition Facts

Serving Size
8 fl oz (240 mL)
Servings Per
Container 4
Calories 50
(Energy)

Amount Per Serving % Daily Value*

Total Fat 0g **0%**

Sodium 100mg **4%**

Potassium 25mg **1%**

Total Carbohydrate 14g **5%**

Sugars 14g

Protein 0g

Vitamin B3 10% • Vitamin B6 10%

Vitamin B12 10% • Magnesium †

† Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet

ALSO AVAILABLE IN



FOR 32 FL OZ PACKAGE

BEWARE OF HEALTHY CLAIMS



Fat-Free


If something is
removed from a
product
something else
is always added
to balance taste!



Sugar-Free



Low-Fat



Low-Sugar

OVERVIEW: KEY POINTS

- Be a healthy role model
- Choose healthy snacks for better and sustained energy
- Limit sugar sweetened beverages
- Choose water most often
- Look at serving size and servings per container
- Be mindful of ingredients to limit
- Be aware of health claims
- All foods in moderation



HEALTHTEACHER.COM

- Interactive health education lessons
- Can be integrated into mathematics, science, language arts, and social studies
- Align with Common Core Standards

To create an account follow the steps listed below:

1. Go to www.healthteacher.com/activate
 2. Our activation code is CPS-1
 3. Create account
-



**ALLISON POLKE RD, LDN
REGISTERED DIETITIAN
AMPOLKE@CPS.EDU**

Thank you!

Questions?

Kristi Cox

kristi@healthyschoolscampaign.org