

What's Your Why?

health. moves. minds. Benefit Minute

Why do I need to participate in a health. moves. minds.® school fundraiser (Team Champion registration)?

1

I need my students to achieve better health and well-being by empowering them to learn skills in physical activity, emotional management and stewardship.

The health. moves. minds. Fundraiser provide free education resources to teach positive health behavior skills – being physically active, how to ask for something and show gratitude, how to manage stress and other emotions, achieving confidence and feeling pride in helping others.

2

I need to share with my School Community how I positively impact health and wellness.

The health. moves. minds. resources I use in my class and provide to classroom teachers. as well as our District Wellness Director, to utilize and how I inspire students to become a steward in being a part of a team earning new health resources and equipment for our school (as well as supporting a local 501(c)(3) charity – if this option is selected) will result in instilling lifelong skills for my students and their families.

3

I need MORE funds to positively impact health in my school community.

The health. moves. minds. Fundraiser will give me the opportunity to receive new health resources and PE equipment directly affecting the health in the school community and will help supplement the budget for my school.

Sign up today at healthmovesminds.org!