

# EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

Wellness isn't just about how you eat, or how you live, or how (and how much) you exercise. It's all of these things and more. And they're all connected. When you get a lot of physical activity, you burn more calories and can eat more without getting out of shape. And when you eat well, it's easier to exercise, too. Staying well even helps you learn better. All of us – kids and adults – should learn as much as we can about healthy living. So this year we'll be featuring regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



**WELLNESS IS A WAY OF LIFE!™**

*Bath, Maine School FoodService Program*