![C:\Users\bcastle\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\BXQQELWK\exercise-with-dumbbells-symbol-hi[1].png]()

**Family New Year’s Resolution**

**Health and Wellness**

**Make it Happen!**

**It’s a new year and time to make plans to live well and be healthier. East Perry would like to challenge families to commit to a more healthful lifestyle in 2016. We will be providing tips and plans for focusing of health throughout the spring semester. All we ask is that you and your family join us in committing to a healthier lifestyle. If you are on board, simply discuss the commitment with your family and each of you sign the HEALTHFUL LIFESTYLE contract attatched to this page and return it to school.**

**Monthly Focus**

**January: Eating Healthy**

**February: Exercise**

**March: Drinking more water**

**April: Less Screen Time**

**May: More Rest**

**Each month, only families that sign up will receive information and plan calendars about the monthly topics.**