

SCHOOL WELLNESS HEALTHY BODIES, HEALTHY MINDS THROUGH NUTRITION AND EXERCISE

SUPPORTIVE PARTNERS

[Healthy Kids, Smart Kids](#)

[Alliance for a Healthier Generation](#)

With the increasing number of individuals who are suffering from obesity, diabetes, high blood pressure and other health issues, the School Wellness Program focuses on educating students and staff on how to increase physical activity and eat healthier. These efforts will improve the quality of life for students and adults, as well as, make the school a healthier environment. It has been proven that healthier eating habits and consistent exercise have a positive impact on our children's learning.

School Wellness Policy

- Limit sugar intake
- Incorporate movement daily.
- Adhere for USDA and Competitive Foods Guidelines.
 - Consume healthy foods, beverages and snacks.

FMHS Fitness Center

Open to
Students 7:30 a.m. - 7:55 a.m. & 3:00 p.m. - 4:00 p.m.
Staff 6:00 a.m. - 7:30 a.m. & 4:00 p.m. - 9:00 p.m.

Resources

[Healthy Links](#)

[School Wellness Calendar](#)

[School Wellness Council](#)

Healthy Links

View the following links to gain more information about living a healthier lifestyle.

[*Healthy Kids, Smart Kids*](#)

[*Teen Health and Wellness*](#)

[*The Alliance for a Healthier Generation*](#)

[*Center for Nutrition Policy and Promotion*](#)

[*Georgia Department of Education School Nutrition Program*](#)

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