

The Tiger Fitness Monthly

Monthly check-ins on what is going on in Chilton Elementary Physical Education classes!



by **Dave Rosenau**. Published in December 2021

Sorry for the late edition! As some of you may know, my second son, Dmitri, was born November 17th and I have been on paternity leave until now. Pictures of Dmitri (and big brother Johnny) are below! This month we have been focusing on health, nutrition, and fitness in classes. We are learning about bones, muscles, and all the food groups!

This month's fitness challenge!

Take the family outside and be active for 30-60 minutes at least once a week for the rest of the month of December!

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Not sure what to feed your kids? Read this article!

by **Help Guide** on August 2021

<https://www.helpguide.org/articles/healthy-eating/healthy-food-for-kids.htm>

Looking for healthy winter family activities? Read this article!

by **Everyday Fitness**

<https://www.everydayhealth.com/fitness-pictures/winter-fitness-activities-for-the-whole-family.aspx>

