

The Tiger Fitness Monthly

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



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

Happy New Year! This month in Physical Education class the students in third and fourth grade are doing fitness testing round two and starting tumbling basics unit! Kindergarten, first, and second grade are learning about food groups, bones, muscles and will start tumbling-basics unit later in the month!

This month's fitness challenge!

Take your family sledding, skiing, tubing, snowboarding, or have a snowball fight outside at least once this month!

Action Shots From Classes!



18 foods to help with the cold and flu? Read this article!

BY **LEAH ZERBE** AND **MARISSA MILLER** AUG 12, 2019

<https://www.womenshealthmag.com/food/g19922804/foods-that-fight-cold-and-flu/>

Looking for ways to stay healthy this winter? Read this article!

By the American Heart Association

<https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-stay-active-in-cold-weather>

