

Health Promotion for Staff

The first goal of the MISD Coordinated School Health Program for the staff is to provide opportunities for improved health such as physical activity programs, and nutrition programs. The second goal is to encourage participation in physical activity for 30 minutes a day to improve your physical health, mental health, and increase awareness about healthy eating and food choice.

The most important areas of health and wellness are:

1. Exercise and Fitness
2. Stress Management
3. Weight Management
4. Nutrition
5. Family/Community Health

During the upcoming year, MISD will strive to increase opportunities that will improve the health and wellness of staff, students and/or community.