Moon Mountain School

13425 N. 19th Avenue
Phoenix, AZ 85029-1698
TEL: (602) 896-6000
FAX: (602) 896-6020
Nurse: (602) 896-6010

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To Whom It May Concern:
Moon Mountain School has been involved with Operation Tone Up for the last two years. We have used the program in grades three through six and have found it to be a great way for students to learn more about healthy eating and nutrition as well as the importance of proper exercise. With childhood diabetes and obesity being one of the top health concerns for children throughout the United States today, we feel that it is important to do everything we can to help children learn the importance of nutrition and exercise.

The program was woven into the curriculum and the exercise component was coupled with our 10-minute snack break. Research supports that students who are active and exercise increase their brain activity and attention following physical activity. By participating in daily exercise, we found that our students were more alert and ready to learn. We also found that the reading, writing and math concepts were aligned with our state standards. The students enjoyed the reader's theater and benefited greatly from learning the proper nutrients. I was in the classroom one day when a child was reading the label of the snack he had brought, Top Ramen, and realized that it had 1100 grams of sodium. He promptly threw it away and chose an apple instead. This program helps students change habits through education and hopefully will help them to remain healthy adults.

During the program, not only did we find that we were able to integrate the program into our lesson delivery of the standards, but we found that student attendance improved. Students also loved the competition that was part of the program and the first year we participated, Moon Mountain won both the district championship and the state. We enjoyed the program so much that we have instituted a Tone-Up club for students who want to come a half hour early to school so that they can participate in both the exercise and nutrition program before school begins.

If you would like to speak with me personally about Operation Tone Up, please feel free to call my office.

Sincerely,

Mary Lou Palmer

Mary Lou Palmer
Principal