

HEALTHY LIVING NEWSLETTER FOR SCHOOLS

December 2020



GET TEENS OFF THE SCREENS!

As teens have learned to navigate the unknowns of COVID-19, a study from the University of British Columbia has shown that less screen time, and more extracurricular activities has helped improve the mental health of teens! For the entire study, click [HERE!](#)



PARK RX UTAH WINTER CHALLENGE

Park Rx Utah is a coalition that is focused on prescribing the outdoors for improving health. This winter break, encourage your students and their families to get outside and complete this challenge! For more information, visit ParkRxUtah.org or Park Rx Utah on Instagram and Facebook!



WE WANT YOUR ANNONYMOUS FEEDBACK

We started doing these newsletters to provide information from the health department, that would benefit schools. We want your feedback on what you would like to see from us! All participants will be entered to win one of THREE Amazon gift card! Click [HERE](#) to participate!

