

September 2025

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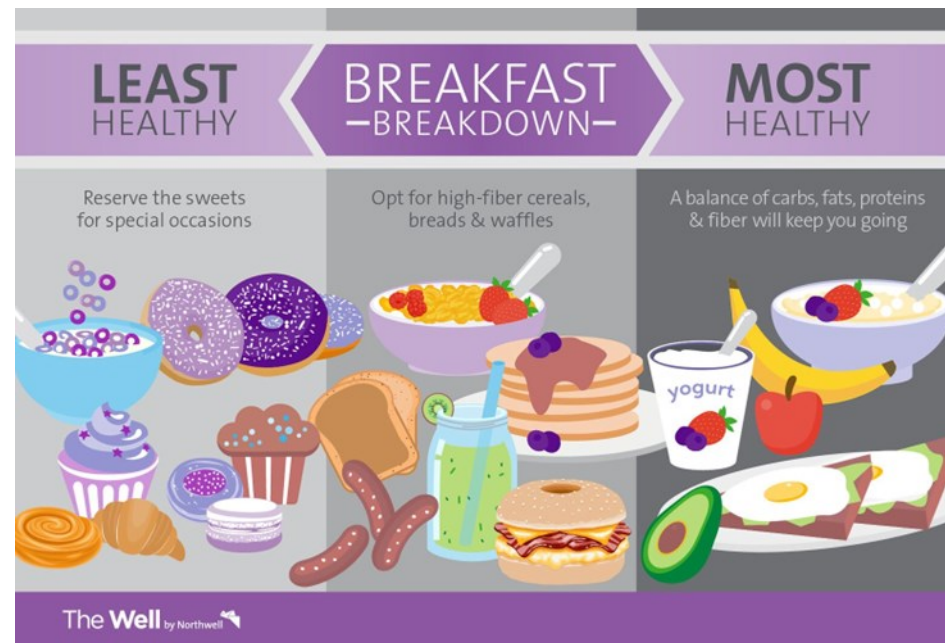
Mighty Mornings

Monday marks the beginning of a new week! Prioritize a mighty morning by having breakfast every day, but especially on each Monday of this month! When looking at the benefits of breakfast for our health, we can see many improvements in children when they eat breakfast.

The Academy of Nutrition and Dietetics says that children who eat a healthful, well-balanced breakfast are more likely to:

- Meet their daily nutrient requirements
- Have better concentration
- Have better problem-solving skills
- Have better hand-eye coordination
- Stay alert
- Be creative

[The Importance of Breakfast for Kids | Allina Health](#)
[Hungry for Breakfast | Health Powered Kids](#)



Read & Leap

Leap to local libraries this month to get some exercise for your body and your brain! Choose one of the six locations to visit today.

Local Des Moines Libraries:

- Central
- East Side
- West Side
- Franklin Avenue
- Forest Avenue
- North Side
- South Side

Wellness Wednesdays

Take a midweek break to stretch, breathe, and move your body in a calm and healthy way! Yoga, Pilates, and stretching are awesome activities that help you build strength, improve balance, and feel more flexible. Every Wednesday this month, slow things down and give your muscles a gentle workout. You'll feel refreshed, focused, and ready to take the rest of the week. Complete your Wellness Wednesday challenge and earn yourself a weekly win!

Week 1 – Yoga

Week 2 – Pilates

Week 3 – Static Stretching

Week 4 – Barre

High 5-2-1-0

Knock the last work/school day out of the park with a High 5 and pack a 5-2-1-0 themed lunch!

How to:

- Find **5** fruits and vegetables
- Cut out **2** hours of your screen time

(**Challenge:** No screens while eating)

- **1** Activity: Try to hit **1** hour of physical activity time today
- (**Challenge:** Take a walk after a meal of your choice today)
- **0** Sugary drinks: Replace your juice or flavored drink with water or white milk!

Throwback Thursday

Step back in time and discover how your parents, grandparents, or guardians stayed active when they were your age! Ask them about their favorite childhood games or activities. Then, give it a try today! It's a fun way to move your body, learn something new, and make memories across generations.



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For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



Super Bowl Saturday

Every Saturday is a chance to power up with a Super Bowl! Explore a new, colorful salad each week—packed with fresh veggies, fruits, grains, and proteins. Salads are a fun way to fuel your body for a full day of play, learning, and adventure. Get creative with toppings, try new dressings, and even build your own bowl with friends or family. Healthy eating has never been this exciting!

Simple Salads:

1. [Chow Mein Noodle Chicken Salad](#)
2. [Farmer's Market Salad](#)
3. [Classic Cobb Salad](#)
4. [Steak Salad with Lemon](#)

[10 Easy Summer Dinner Salad Recipes](#)

Reset and Recharge

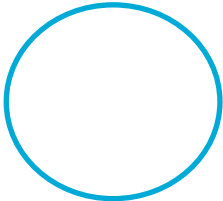
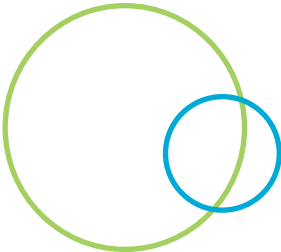
Give yourself and your screens a break today—take a full day or even just half! Plug in your devices to recharge, and take this time to recharge yourself, too.

Grab a friend, sibling, or family member and head outside for some fun! Whether it's biking, hiking, playing tag, or just exploring nature, moving your body and enjoying the fresh air is the perfect way to reset for the week ahead.

Challenges:

Who can go the longest without their screens?

Keep screentime under two hours!



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