



September

National Yoga Awareness Month

Use this month to hit your 1 hour of physical activity!

1

Download and distribute information on yoga from <http://5210.psu.edu/wp-content/uploads/2017/04/1september5210hmc.pdf> and it's health benefits. Yoga is a fun activity for all ages and September is Yoga Awareness Month. Encourage families to visit the fitness center for an opportunity to try Yoga!

Post to your social media sites!

2



Warrior II. Sun Salutation. Triangle. Dolphin. Learn more about yoga moves in September for Yoga Awareness Month. Visit your fitness center today to see what classes are offered and encourage your 1 hour or more of physical activity. Visit the yoga health foundation at www.yogahealthfoundation.org for more information! #5210HMC To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



Visit the fitness center in support of Yoga Awareness Month to learn moves like Warrior II! Visit www.yogahealthfoundation.org to learn more! #5210HMC

Participate in the 5210 Challenge of the Month!

3

Your Challenge this month is to organize a yogathon! Get a group to participate in a yoga class. Then, challenge others to do the same and see how many you can get to participate in a yoga class this month. Visit <http://5210.psu.edu/wp-content/uploads/2017/04/3september5210hmc-challenge.pdf> to learn more!