

# American Diabetes Month (November)

## American Diabetes Month

Play a positive role in children’s eating behaviors. Review phrases that help and hinder here:

<http://5210.psu.edu/wp-content/uploads/2017/04/1november5210hmc.pdf>

**#AMERICANDIABETESMONTH**  
**#5210HMC**



## Post to Social Media

Just copy, paste and post!



We are heading into the holiday season and this is a great time to remember your #5210HMC healthy behaviors. November is also American Diabetes Month. Limiting screen time, adding at least 1 hour of daily physical activity, and consuming 0 sweetened beverages can help prevent the risk of type 2 diabetes. Visit <https://t.co/zvH7LagUBa> to learn about phrases that can help or hinder these behaviors. To learn more about 5210 Healthy Military Children, visit [5210.psu.edu](http://5210.psu.edu)!



Review <https://t.co/zvH7LagUBa> and your #5210HMC healthy behaviors today as we head into the holiday season and American Diabetes Month in November!

## Choose a Challenge

### Physical Activity Breaks

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/In-School-Activity-Breaks-hmc.pdf>

### Burn 100 Calories

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Ways-to-Burn-100-Calories-hmc.pdf>

### Plan a Fun Run

<http://5210.psu.edu/wp-content/uploads/2017/04/3november5210hmc-challenge.pdf>

### Stop-and-Go Snacks Food Game

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Stop-and-Go-Snack-Game-hmc.pdf>

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn’t work, what did you like, what didn’t you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)