

# MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 PK Silver 10am PK School 330nm	3	4 PK School 2:45pm	5 Pop-Up! RECFest 10am-1pm
6	7 PK School 2:45	8	9 PK Silver 10 am PK School 3:30pm	10	11 PK School 3:30pm	12
13	14 PK Silver 10am PK School 2:45pm	15	16 PK Silver 10am PK School 330pm	17	18 PK School 2:45pm	19
20	21 PK School 2:45pm	22	23 SSA Health & Fitness Fair 10am-noon PK School 330pm	24	25 PK School 2:45pm	26
27	28 No classes Memorial Day	29	30 PK Silver 10am PK School 3:30pm	31		



May is National Physical Fitness and Sports Month! Regular physical activity is good for everyone’s health, and people of all ages and body types can be physically active. Here are a few benefits of physical activity, such as parkour:

- Children and adolescents – Physical activity can improve muscular fitness, bone health, and heart health.
- Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

