**Germantown municipal school’s**

Healthy January initiatives

Healthy at home

a gmsd health challenge

the fitness warehouse:

a gmsd fitness challenge

[](https://www.thephysedexpress.com/the-fitness-warehouse.html)

[](https://www.thephysedexpress.com/healthy-at-home-program.html)

Staff yoga

Register for a chance to get free yoga

The biggest loser

a gmsd weight loss challenge

[](https://docs.google.com/forms/d/e/1FAIpQLSc7B8JFIbgljzYkxIFLiU0FvrmZH0Cao0mEp8ogY3M7A5jXtg/viewform?usp=sf_link)[](https://drive.google.com/file/d/1bMuiBKTHqahyXadOCKqe7BgqxURDCR_M/view?usp=sharing)

Additional Resources

[Virtual calming room](https://www.thephysedexpress.com/virtual-calming-room.html) [Staff self-care resources](https://www.thephysedexpress.com/self-care-resources.html)

[Healthy & Active Germantown](https://drive.google.com/file/d/199-W6EYDVA9r1jq4WwTmdhN2uBkdsK1S/view?usp=sharing) [Staff Exercise Resources](https://www.thephysedexpress.com/adult-exercises.html)