

Facebook

This Every Kid Healthy Week, learn how a child care workgroup in Alaska addressed childhood obesity by implementing practices aimed at improving nutrition and increasing physical activity in child care centers: <http://bit.ly/2mB7Kvy>

It's Every Kid Healthy Week! Did you know that being physically active can help students focus in school? Learn more with the Burn to Learn infographic: <http://bit.ly/2mx2JE5>

Schools are a great place for children to begin learning about healthy eating, and parents play an important role in supporting nutrition in schools. Learn more about what parents can do to support healthy school meals: <http://bit.ly/2mhQQ4u>

This Every Kid Healthy Week, learn how more than 120 afterschool programs in Boston, Massachusetts, created environments promoting healthy eating and physical activity. <http://bit.ly/2ahVgzM>

Did you know that having access to parks and trails encourages community residents to increase their physical activity? This Every Kid Healthy Week, learn how activities like walking and biking in parks can help improve your health. <http://bit.ly/2lxVnMN>

Encouraging students to be physically active before and after school can help them get the 60 minutes of physical activity they need every day. Learn how parents can get involved and support physical activity at school: <http://bit.ly/2naK9yw>

Every Kid Healthy Week is a celebration of kids living a healthy lifestyle, including being physical active. This tip sheet gives parents fun ways to incorporate exercise into every part of their child's day: <http://bit.ly/2k3RTUk>

This Every Kid Healthy Week, learn how a school nurse and a child nutrition expert helped improve nutrition at 5 schools in Welcome, Minnesota: <http://bit.ly/2cTNYjs>

Did you know that most of a child's daily physical activity should be aerobic activity? Outdoor activities like basketball, jumping rope, and running are great ways for kids to get aerobic physical activity: <http://bit.ly/2blMUZc>

Youth sports are a great way for children to be active. The places where youth athletes play offer opportunities to provide access to healthy food options. Learn how concession stands at local parks in Florida added healthier food and beverage options to their menus: <http://bit.ly/2h7tiK4>

Did you know that kids should be getting at least one hour of physical activity each day? With warmer weather around the corner, kids have more opportunities to get outside and be active. See examples of ways kids can be physically active outdoors, like biking, walking, or hiking: <http://bit.ly/2ktPl2Q>

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Learn how a child care workgroup in Alaska promoted nutrition and physical activity in child care centers: <http://bit.ly/2mB7Kvy>

It's Every Kid Healthy Week! Did you know that children who get more physical activity do better in school? Read more: <http://bit.ly/2mx2JE5>

This Every Kid Healthy Week, learn what parents can do to support healthy school meals: <http://bit.ly/2mhQQ4u>

More than 10,000 youth in Boston, Massachusetts can now eat better and be more active in afterschool programs. <http://bit.ly/2ahVgzM>

During Every Kid Healthy Week, see how schools in Munising, Michigan, are encouraging better student health. <http://bit.ly/2l4hbk2>

This Every Kid Healthy Week, learn how walking and biking in parks can help improve your health. <http://bit.ly/2lxVnMN>

Schools can help students be physically active before and after school. Learn how parents can get involved: <http://bit.ly/2naK9yw>

This Every Kid Healthy Week, check out this parent tip sheet to help children get more physical activity: <http://bit.ly/2k3RTUk>

Learn how a school nurse and a child nutrition expert helped improve nutrition at 5 schools in Welcome, Minnesota: <http://bit.ly/2cTNyjs>

Aerobic activity should be the biggest part of a child's daily physical activity. Learn what counts: <http://bit.ly/2blMUZc>

Nutrition is important for youth athletes. Learn how Florida parks improved access to healthy food and drink options: <http://bit.ly/2h7tiK4>

With warmer weather just around the corner, learn ways kids can be physically active outdoors, like biking and hiking: <http://bit.ly/2ktPI2Q>

Additional Resources

Physical Activity and Nutrition in Schools – Success Stories:

- [Child Care Sites in York County, Maine, Move Toward Better Health](#)
- [Leflore County, MS Schools Link K-12 Students to Vital Health Care Onsite](#)
- [Michigan Early Child Care: Improving Nutrition and Physical Activity Standards](#)
- [New Mexico Early Care and Education Centers Create Lasting Wellness Changes](#)

Parents for Healthy Schools Resources:

- [Parents for Healthy Schools: Promotion Kit](#)
- [Parents for Healthy Schools: A Guide to Getting Parents Involved from K-12](#)

BAM! Resources:

- [BAM! Body and Mind: Information for Teachers](#)
- [BAM! Body and Mind: Healthy Recipes](#)
- [BAM! Body and Mind: Physical Activity Calendar](#)

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