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It's important for students to stay hydrated during the school day. Learn about the benefits of drinking water and ways to increase access to drinking water in schools: <http://bit.ly/2rZZnsP>

Teachers can play an important role in keeping students healthy. Read and share these teacher tips for promoting physical activity and nutrition in the classroom: <http://bit.ly/2rxgmpv>

Improving the health environment in schools can benefit students, schools, and communities. Learn how schools in Munising, Michigan, are improving student health and performance through community partnerships: <http://bit.ly/2aGbnt0>

Recess or physical activity breaks are an important part of the school day and can benefit students of all ages. Learn about the health benefits of recess and strategies for including recess in schools: <http://bit.ly/2iCb58K>

Physical activity and good nutrition are important in helping prevent childhood obesity. Learn how improved afterschool programs in Boston are benefiting more than 10,000 students: <http://bit.ly/2ahVgzM>

Good nutrition is a key factor for student success. Read about how a school nurse and a child nutrition expert helped schools in Welcome, Minnesota, make changes for better nutrition: <http://bit.ly/2cTNYjs>

Walking to school is a great way to get a healthy start to the day. Read some tips on walking to school safely: <http://bit.ly/2qoyEov>

Did you know that up to 50% of young people aged 12 to 18 years report consuming energy drinks? Get the facts on energy drinks and learn some tips for schools to promote healthy beverage choices: <http://bit.ly/2rminpd>

Physical activity helps students prevent and reduce obesity and can help them stay focused in school. Learn how a task force in Chicago succeeded in getting all 474 Chicago public elementary schools to include 30 minutes of daily recess: <http://bit.ly/2rVmeq2>

Twitter

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