

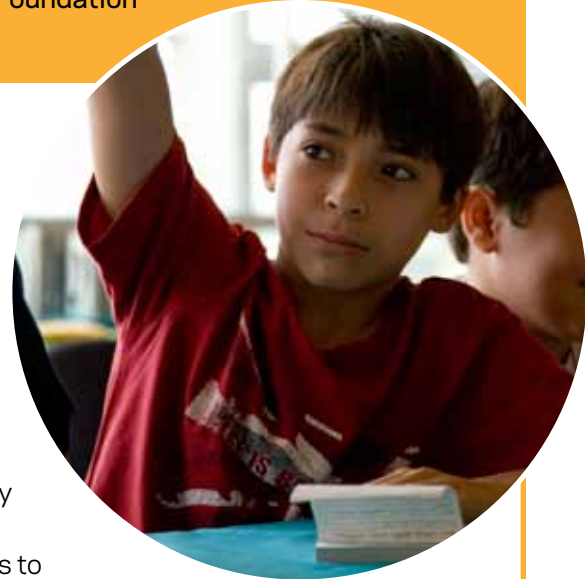
HEALTHY SCHOOLS PROGRAM

“When schools give students the tools they need to lead a healthier lifestyle, they are helping them make an invaluable investment in their future.”

— PRESIDENT BILL CLINTON, Founder of the William J. Clinton Foundation

Research suggests that a healthier school environment can result in greater academic achievement and healthier lives for students and school staff. Healthy students perform better, attend school more and behave better in class. The Alliance for a Healthier Generation recognizes that schools are powerful places to not only teach young people the academic skills they need to succeed, but also healthy life skills. This is why the Alliance launched its Healthy Schools Program in February 2006 with funding from the Robert Wood Johnson Foundation.

Now supporting more than 7,800 schools across the U.S., the Healthy Schools Program takes a comprehensive approach to helping schools create healthier environments by working with them to improve access to healthier foods; increase physical activity opportunities before, during and after school; enhance nutrition education; and establish school employee wellness programs.



Benefits of participation include:

- ▶ A team of more than 60 health and education professionals in 38 states working directly with schools and school stakeholders to help them implement healthier policies and practices in schools and districts around the country.
- ▶ Support and tools to help schools implement best practices for increasing access to physical activity and healthier foods before, during and after school. Examples of tools include online toolkits and Web-based trainings on making schools healthier for students and staff.
- ▶ An extensive resource database that includes quality resources and grant opportunities to assist in implementing healthy policy and program changes at school.
- ▶ Electronic newsletters containing school success stories about healthy eating, physical activity and staff wellness to spark ideas in other schools.

Any school or individual in the U.S. can enroll in the Healthy Schools Program at no cost at HealthierGeneration.org.

Additionally, any individual who is passionate about helping a school in his or her community become a healthier place may join the Healthy Schools Network for immediate access to tips and tools to support a healthier school.

 **Learn more at HealthierGeneration.org**