



*WHY FOCUS ON SCHOOLS?
BECAUSE IT WORKS!*



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Schools are an important avenue for reaching children and families to establish healthy lifestyles at a young age.

Schools know how to spread information, are open to environmental changes, and are important sources of physical activity.

Because it works!

Interventions using school environments have demonstrated increases in fruit and vegetable intake, increases in physical activity, and decreases in foods with high caloric density and low nutrient value.

Also, the influence of the older students will help the younger students be motivated to

Make HEALTHY CHOICES for Life![®]

These are some tips our students have offered:

How many minutes of exercise a day are needed for kids/teens?

“It is recommended to exercise 30 minutes per day, 5 days a week, and work up to 60 minutes, but you don’t have to do it all at once. It still counts if you move for 15 minutes 4 times a day.” – Edward, 16



What foods do you select for healthy snacks?

“I eat a banana with peanut butter on it. Bananas give you potassium, and peanut butter gives you protein. Another healthy snack is cottage cheese mixed with yogurt. The cottage cheese and the yogurt are loaded with protein, and calcium gives you energy to play a good game.” – Parker, 16



Check out the Resource section for healthy recipes.



My family has dessert with dinner, is that okay?

“Sure, as long as it’s not your whole dinner and you don’t eat dessert with every meal. Always eat a well balanced meal and try not to eat sweets during the day especially if you know that you’re going to have dessert that night. Make sure you eat your dessert in small portions. A few bites is usually enough to satisfy a sweet tooth!” – Sophia, 17



The Oliver Foundation has been both motivational and inspirational to me in the fight against childhood obesity.

The impact on our children and their families will be life-long...

Margaret Dale
School Nurse
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