

We Can! (Ways to Enhance Children's Activity and Nutrition)

A four part course for parents that provides information and tips on improving their family's eating, physical activity and screen time habits. Offered at various times throughout the year, this program is also available on-site at your facility. Contact 523-2119 for more information.

Healthy Lifestyle (Nutrition/Physical Activity/Obesity)

A program can be tailored to your group's needs. A variety of basic concepts/topics are available. For more information, contact 523-2119.

Healthy Heart Programs for Schools

Kindergarten

Healthy Heart

An interactive program designed for young children. It emphasizes basic information about the heart and keeping it healthy. Also discusses the effects of nutrition, exercise and tobacco. A variety of hands-on activities are integrated into the program including listening to a beating heart and observing a real pig's heart.

Grade 1:

Exercise and Your Heart

As childhood obesity has now been declared a public health epidemic, this program is geared to build on concepts introduced in the Healthy Heart program with an emphasis on the benefits of regular exercise. Students will have the opportunity to participate in a variety of activities that will enhance their understanding and enjoyment of physical fitness.

Grade 2:

Nutrition and Your Heart

The third in a series of programs intended to provide students with increasing knowledge to maintain a healthy heart. Basic nutrition concepts including the food groups, MyPyramid, 5- A- Day, healthy drink choices and the importance of eating breakfast are introduced through an interactive session.

Grade 3

Healthy Choices and Your Heart

An interactive program that enables students to begin thinking about the nutrition and physical activity choices they make and how that affects the heart. Basic nutrition concepts (food groups, healthy drink choices, serving sizes) are reviewed. Students are given an introduction to the food label and how it can be used to make healthy nutrition choices.

All Grade Levels:

Basic Nutrition

Physical Activity/Fitness

Programs focusing on basic health concepts involving nutrition and physical activity. Topics covered may include: My Pyramid!, Reading Food Labels, Food Groups, Eating Breakfast, 5 A Day, Healthy Snacks, Serving Sizes, and Fat. Programs can be tailored to meet specific needs of requesting group.

Contact 523-2119 for more information on these and other opportunities for your school, workplace or community group.