

Action for Healthy Kids® Game On Eat Better and Move More Activities

Eat Better	Eat Better	Move More
Alternative Breakfast Programs	Smarter Lunchrooms	Open Gym
Backpack Programs	Smart Snacks Standards	PE - BOKS
Breakfast in the Classroom	Student Wellness Team	PE for Parents
Cafeteria Spruce Up	Swap Out Sodas	Physical Activity Leaders (PAL) Club
Celebration National Nutrition Month	Time to Eat	Playground Circuit Challenges
Coloring Sheets & Activities	Understanding Nutrition Facts Labels	Recess at Home
Farm to School	Weight Management Referrals/BMI	Recess in Action
Food Waste	Move More	School Fundraiser Runs
Grab n Go Breakfast	Active Learning Opportunities	Skip the Screen
Health & Wellness Fair	Activity Clubs	Songs & Stories with Movement
Healthy & Active Non-Food Rewards	Avoiding PE Opt-Out Waivers	TV-Turnoff Week
Healthy & Active Parties	Bike Racks	Walk with Principal
Healthy Cooking Club	Bike Rodeo/Bicycle Skills Clinic	Walk/Bike to School
Healthy Fundraising	Bike Train	Walking Programs
Healthy School Store	Bikeology Curriculum (SHAPE)	Walking School Bus
Healthy Staff Meeting	Brain Breaks, Instant Recess & Energizers	Walking Trails with Fitness Activities
Healthy Vending	Celebrate National Physical Fitness & Sports Month	
Host a Taste Test	Crossing the Street program	
Load Up on Fruits & Veggies	Daily PE	
Media-Smart Youth: Eat, Think & Be Active	Family Activity Points	
Morning Eat Better Announcements	Family Fun Days	
National School Breakfast Week	Fitness Circuit Course	
Nutrition Education	Fitness Classes	
Nutrition Education for Staff	Get Your Groove On	
Nutrition Promotion	Go for the PALA+ Challenge	
Offer Healthy Snacks	Healthy Halloween Games	
Office Food Bowl	Indoor Recess Ideas	
Participate in CACFP	Intramural programs	
Pricing Strategies	Let's Get Moving	
Recess before Lunch	Limit Screen Time	
Rethink Your Drink	Morning Groove	
School Garden	Open Facility to Community	