

LET'S MOVE CALIFORNIA AFTER SCHOOL



*After school programs are the perfect time and the place to ensure that youth are fit, healthy, and ready to learn. Below are **seven simple tips** for **SITE COORDINATORS** to create a healthy after school environment!*

1. Set a good example. Model healthy eating and physical activity.

- Encourage staff to be engaged and safely participate in physical activities with students.
- Eliminate sodas, fast food, and junk food on site.

2. Provide physical activity every day!

- Offer 30-60 minutes of moderate to vigorous physical activity – it doesn't have to be all at one time!
- Get moving! Implement 5-10 minute activity breaks for each hour of sitting.
- Do more, watch less! Reduce screen time in your program (computers, TV, handheld games).

3. Encourage good nutrition. Make healthy foods and fresh, free drinking water available.

- Be sure snacks meet California food standards.
- Include fresh fruits and vegetables.
- Encourage students to participate in the school lunch and breakfast programs.

4. Make healthy eating fun and educational!

- Create a garden at your site.
- Offer healthy cooking classes.
- Share simple, healthy and culturally-relevant recipes with kids and family.

5. Engage youth!

- Include students in the design and choice of physical activities.
- Make nutrition and physical activity options physically and emotionally safe.

6. Get families moving!

- Start walking clubs.
- Offer family fitness nights.
- Include physical activity and healthy foods in family events.

7. Connect with the community.

- Collaborate with health clubs, grocery stores, and other organizations in the promotion and implementation of good nutrition and physical activity.
- Share information about SNAP (food stamps) and food banks with families.

For more information and resources to implement each of the above strategies go to:

www.afterschoolnetwork.org/nutrition_pa
www.letsmove.gov/



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This resource was created by the California Afterschool Network Nutrition and Physical Activity Committee. To find out more, access additional resources, and join the committee go to www.afterschoolnetwork.org/nutrition_pa



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