

HEALTHIER 901 SCHOOL CHALLENGE



FUN IDEAS to get your school engaged in the **HEALTHIER 901 SCHOOL CHALLENGE**

- 1. Stay engaged with Healthier 901**
 - Speak to the importance of mental health
- 2. Start a school walking/fitness group**
 - Train for/start a 5K – Heart Walk, Pumpkin Run, etc.
 - Join a local gym as a group
 - Start a dog walking group
 - Begin a step challenge (10,000 steps a day, for example)
- 3. Emphasize the challenge with other schools**
 - Publicize competition – Challenge them to a friendly competition
 - Keep up with the other schools and their numbers
- 4. Create a buddy system for accountability**
- 5. Host a healthy school lunch potluck**
 - Potential theme – a Heart Healthy Valentine's Day
- 6. Create a Healthy Habits Bingo/Game at events**
- 7. Organize school basketball, flag football, soccer and kick ball teams**
- 8. Start a Cookoff Contest – Award the Best Healthy Recipe**
 - Encourage participants to try and/or add healthy foods to their diets.
- 9. Host a weight loss challenge among teachers and school employees – weekly weigh-ins**
- 10. Share success stories**
- 11. Create a healthy recipe cookbook**
- 12. Add a healthy tip to the school newsletters/emails**
- 13. Share Healthy Selfie pictures**
- 14. Encourage school employees to look for the healthiest item on the menu when eating out and share the tip with others**
- 15. Start a community garden or plan a trip to local farmer's market**
- 16. Host a field day and offer games and activities with healthy themes**
 - Jump rope/hula hoop contest or a kids' cook off
- 17. Identify some milestones and offer small prizes when they are met**
- 18. Host stretch or mindfulness breaks at events**

POWERED BY



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Le Bonheur Healthcare

