

EASY STEPS TO IMPLEMENT COORDINATED SCHOOL HEALTH

1. Provide fruit and/or vegetables during meetings.
2. Implement a policy requiring healthy food or non-food incentives.
3. Take your class for a walk during recess.
4. Have a healthy food day in the classroom or provide healthy food during classroom parties.
5. Be a role model in the school by snacking on apples, granola bars, carrots.
6. During morning or afternoon announcements, include a brief educational piece about one of the benefits of healthy eating or physical activity to educate students and staff and encourage healthy behaviors.
7. Promote community education and summer physical activity opportunities.
8. Using Brain Breaks in the classroom or during meetings. Brain Breaks can be found at <http://www.emc.cmich.edu/BrainBreaks/default.htm>
9. Sponsor a Family Fun and Fitness night.
10. Use the stairs and encourage others to do the same.
11. Encourage parking far from buildings, stores, and places of destination.
12. Promote walking or biking to school.
13. Start a walking club before or after school or during lunch breaks.
14. Move healthier food options to the beginning of the food line.
15. Replace pop and high sugar drinks with water and 100% juice in vending machines and in the ala carte line at lunch.
16. Replace candy and high sugar snacks with granola bars and pretzels in vending machines and in the ala carte line at lunch.
17. Lock the vending machines during school hours if they do not contain healthy choices.
18. Add a dairy machine and promote the health of dairy.
19. Host a healthy foods potluck luncheon for staff.
20. Assign essays or reports on healthy foods or the benefits of healthy eating and physical activity.
21. Hang posters that encourage healthy lifestyles. Get posters by holding a poster contest on the benefits of healthy eating and physical activity.
22. Participate (as a classroom or entire school) in The President's Challenge program to earn the Presidential Active Lifestyle Award (see www.fitness.gov).