



Healthy Habits for Life



Looking for program ideas so you can apply for a Healthy Habits for Life grant?

Here's a quick summary of popular ways past grantees have used their dollars:

- 🍎 Purchase pedometers and start a before, during or after school walking program.
- 🍎 Plan a health fair for students and their families.
- 🍎 Invest in equipment for physical education classes, such as heart rate monitors, stability balls, Geo mats or climbing walls.
- 🍎 Keep kids active during indoor recesses, class rewards or before school by purchasing a Nintendo Wii game system.
- 🍎 Assemble activity backpacks and allow kids to take them home to get their families playing.
- 🍎 Invest in nutrition, wellness or physical education curriculum programs or newsletters.
- 🍎 Provide healthy snacks when students are testing or as an afternoon treat, discussing how to choose a healthy snack.
- 🍎 Grow a vegetable garden with the help of the children.
- 🍎 Provide students with a toothbrush and tooth paste to encourage dental hygiene.

For more detailed ideas, read the summaries provided by the 2009-2010 grant recipients at www.bcbsks.com/foundation.

Look for the link to the 2009-2010 Grant Program Summary guide.



www.bcbsks.com/foundation

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