



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

- 🍏 Offer Folk Dance Fridays where students learn dances to American folk songs along with a history lesson.
- 🍏 Assemble sports and physical activity bags for students to check out on the weekends.
- 🍏 Build an all-school garden or greenhouse, providing both nutrition education along with fresh produce.
- 🍏 Add a DISC golf course to school grounds, or create programs for children to walk or run throughout the duration of recess.
- 🍏 Create programs like Project Produce or Let's Have a Taste that give students the opportunity to taste and learn about healthy foods.
- 🍏 Educate students on health aspects of the entire body system through the Body Venture exhibit.
- 🍏 Obtain heart rate monitors, blood pressure sensors, oxygen gas sensors and other medical equipment to measure students' pre- and post-activity rates.
- 🍏 Incorporate Spike Ball into the physical education curriculum, or invest in weight lifting and circuit training equipment for physical education classes.
- 🍏 Keep students engaged by allowing older students to produce videos that offer daily healthy messages.
- 🍏 Create a weekly walking program and invite the community to participate, or begin a daily walking program just for students before or after school.
- 🍏 Plan a Senior Health Fair and invite people from local senior centers to interact with students.
- 🍏 Organize healthy living family nights so students, their siblings and parents can be active together.
- 🍏 Provide healthy breakfast and snack options.
- 🍏 Educate students on nutritional and healthy portion size meals through the MyPlate program.
- 🍏 Offer oral, visual, hearing or health screenings to all students.



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