

# Healthy ZONE

a program of



The Cooper Institute



## SEPTEMBER 2017 NEWSLETTER

The Healthy Zone School Recognition Program<sup>®</sup> was created as a joint collaboration between The Cooper Institute & United Way of Metropolitan Dallas in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors.



**60 MINUTES**

**PER DAY IS THE RECOMMENDED  
PHYSICAL ACTIVITY TIME FOR  
CHILDREN AND ADOLESCENTS.**



**37.4%**

*Only 37.4% of children  
participate in daily  
physical activity.*



## SAVE **the** DATE

The 2017-2018 Orientation will be on  
Wednesday, September 13th.

Details to come but mark your calendars today.

Attendance is a required component of the  
Healthy Zone School Recognition Program.

## NEW STUDIES BOLSTER EXISTING SUPPORT FOR WHOLE GRAINS

**When it comes to grains, misinformation abounds, particularly in how grains are processed for consumer consumption.**

The basic understanding between grains and whole grains means a world of difference. As September is Childhood Obesity Awareness month, it's important to reflect on this distinction and ensure that your healthy eating plan is primed for optimal health.

Read on for The Cooper Institute's Dr. Steve Farrell's keen insights into this critically important dietary component.



[READ MORE](#)

## FIT-TIP: DYNAMIC WARM-UP STRATEGIES FOR YOUTH

**A little stretch here, a little stretch there, and bam, you're ready to exercise, right?**

Not so fast...warming up properly is vital to exercise safety, but how do you know if you're doing it correctly? Read on to learn about dynamic warm-ups, what they are, and why they're essential.

[WATCH VIDEO](#)



## GRANT OPPORTUNITIES

**The Road Runner Club of America will award a total of \$30,000 to elementary and middle schools this year, with grants ranging from \$500 to \$1,000.**

Since 2007, the Road Runners Club of America (RRCA) and Kids Run the Nation have assisted running clubs, schools, and community nonprofits interested in implementing or currently hosting youth running programs.

The RRCA will award a total of \$30,000 to elementary and middle schools this year, with grants ranging from \$500 to \$1,000. To review the grant application criteria click [learn more](#).



[LEARN MORE](#)

## IMPLEMENTATION TIP

**Program funding will be available for use after the 2017 Orientation on Wednesday, September 13th.**

Do you know what health and wellness related activities, events, or challenges will take place on your Healthy Zone campus this year? If not, the Healthy Zone team has you covered!

Visit the Healthy Zone website to check out some of the cool activities and events that took place last school year to get ideas.

"Fear Factor - Will you try it?", Sigler Chefs!, and Let's Get Moving were just a few of the fun activities that took place. [Read more here](#).

[READ MORE](#)






# PROGRAM UPDATES AND DEADLINES

All active Healthy Zone - In Training schools, please remember to complete the needs assessment on your Healthy Zone dashboard prior to your scheduled school visits.

The needs assessment form can be located online by logging into the [Healthy Zone website](#) with the appropriate username and password.


If you are unable to access or locate the needs assessment, please contact [healthyzoneschool@cooperinst.org](mailto:healthyzoneschool@cooperinst.org).



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**HEALTHY ZONE DASHBOARD**

**FORMS**

 **Needs Assessment  
HZIT Years 2-3 Due  
Prior to School Visit**

## ENGLISH VERSION



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