

# Website Resources



• **Action for Healthy Kids: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)**

• Action for Healthy Kids is an integrated, national-state effort, that is addressing the epidemic of overweight, undernourished, and sedentary youth, by focusing on changes in the school environment. This site includes tools and resources designed to help support positive changes in children’s nutrition and physical activity behaviors. Check out this site for school wellness policies, toolkits, handouts, and success stories.

• **Alliance for a Healthier Generation: [www.healthiergeneration.org](http://www.healthiergeneration.org)**

• The Alliance for a Healthier Generation is a partnership between the William J. Clinton Foundation and the American Heart Association. The Alliance has created the Healthy Schools Program, which established recognition and best practice criteria that provide schools with tangible benchmarks to strive toward and to measure their successes. The Healthy Schools Program supports schools through electronic and telephonic support, such as implementation kits, webinars, success stories, and online assessment and action planning tools. The site also contains a Healthy Schools Product Calculator that can help schools easily determine if a snack food meets healthy guidelines.

• **American Council on Exercise – Operation FitKids (OFK): [www.acefitness.org/ofk/](http://www.acefitness.org/ofk/)**

• OFK is a nonprofit project that works with local schools, organizations, and youth groups to create fitness centers for adolescents and teenagers. OFK provides commercial fitness equipment, educational materials, staff training, mentoring and/or community partnering. The OFK Curriculum (grades 3 to 5) is designed for educators looking to integrate health and fitness into classroom learning. This free seven-lesson module was developed to teach the extreme dangers of being overweight and the importance of a healthy and active lifestyle.

• **BAM! Body and Mind: [www.bam.gov](http://www.bam.gov)**

• BAM! Body and Mind is a resource for teachers to incorporate CDC health, safety, and science topics into the classroom. The site also offers a kid-friendly, interactive web page filled with health-related information and games. This is a great resource for students investigating topics for school or for personal interest.

• **California Project LEAN: [www.californiaprojectlean.org](http://www.californiaprojectlean.org)**

• California Project Lean provides a wealth of resources, evaluations, articles, and materials for promoting healthy eating and physical activity. Check out this website for free school wellness policy tools, success stories, a healthy snack foods calculator, and lesson plans that integrate nutrition and physical activity with language arts, math, science, social studies.

• **CanDo – Coalition for Activity & Nutrition to Defeat Obesity: [www.candoonline.org](http://www.candoonline.org)**

• CanDo is a community-wide coalition dedicated to improving the eating and physical activity habits of Fort Collins area residents. CanDo provides resources, tools, and technical assistance to help schools promote healthy eating and physical activity for both students and staff. Check out the CanDo website for free school wellness resources, handouts, funding opportunities, and the CanDo School Wellness Resource Kit.



**Colorado Department of Education Nutrition Unit:**  
**[www.cde.state.co.us/index\\_nutrition.htm](http://www.cde.state.co.us/index_nutrition.htm)**

The Colorado Department of Education Nutrition Unit administers the federally funded child nutrition programs and Team Nutrition for school-age children. The Nutrition Literacy Toolkit, an extensive nutrition education K-12 planning and resource guide, is located on this site. Information, trainings, and promotions for child nutrition programs and personnel can also be found here.

**Colorado Nutrition Education Plan (CO NEP):**  
**[www.caahs.colostate.edu/fshn/nep](http://www.caahs.colostate.edu/fshn/nep)**

The Colorado Nutrition Education Plan provides resources, programs, and funding for nutrition education and physical activity promotion to schools and community organizations that work with audiences with limited resources.

**Colorado Physical Activity and Nutrition Program (COPAN):**  
**[www.cdph.state.co.us/pp/COPAN/COPAN.html](http://www.cdph.state.co.us/pp/COPAN/COPAN.html)**

COPAN is part of the Colorado Department of Public Health and Environment that promotes healthy eating and physical activity in order to successfully prevent and reduce overweight, obesity, and related chronic diseases. The COPAN website provides links to school wellness funding opportunities, the COPAN School Wellness Resource Kit, and data regarding overweight and obesity.

**Centers for Disease Control and Prevention – Healthy Youth:**  
**[www.cdc.gov/HealthyYouth/index.htm](http://www.cdc.gov/HealthyYouth/index.htm)**

This site provides information about and links to the Coordinated School Health program, child and adolescent school health tools, and key strategies for preventing childhood obesity.

**Eat Smart, Play Hard: [www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)**

Eat Smart, Play Hard is a campaign from USDA to encourage and teach kids and adults to eat smart and be active every day. The website contains resources, recipes, and games for kids, teachers, and parents. A number of free materials are available at this site.

**Healthy Kids Challenge: [www.healthykidschallenge.com/](http://www.healthykidschallenge.com/)**

The Healthy Kids Challenge website provides several free materials, ideas, tips, programs, and solutions for creating healthy eating and activity messages for kids and families. The site contains a Teacher’s Toolbox, Challenge of the Month, e-newsletter, and tips for parents and families.

**Kidnetic.org: [www.ific.org/kidnetic/index.cfm](http://www.ific.org/kidnetic/index.cfm)**

This website is focused on healthy eating and active living for kids ages 9 to 13 years. You can find resources for the classroom as well as for families. Classroom lessons are put together into a Leader’s Guide that can be downloaded for free. Each Leader’s Guide contains information and lessons on different topics including food, fitness, fun, family, and feelings.

**KidsHealth: <http://classroom.kidshealth.org/>**

This site contains free downloadable lesson plans for teachers on a variety of health topics, including nutrition, physical activity, and weight management. This site also provides information for parents and kids on emotions, behavior, growth and development, obesity, nutrition, and fitness.

**LiveWell Colorado: [www.livewellcolorado.org](http://www.livewellcolorado.org)**

LiveWell Colorado is a statewide initiative aimed at reducing overweight and obesity rates and related chronic diseases in Colorado. A partnership among foundations, health care organizations, non-profit organizations and state and local public health agencies, LiveWell Colorado works with communities to promote healthy eating and active living through policies, programs and environmental changes. A key area in LiveWell Colorado’s “Roadmap to Healthy Eating and Active Living” is school wellness. Check out this site for school wellness best practices, resources, and funding opportunities.



• **More Matters: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)**

• This site contains information, recipes, and activity pages that promote fruits and vegetables. Teachers can  
• download free coloring pages, fruit and veggie tracking sheets, and parent handouts.

• **MyPyramid: [www.mypyramid.gov](http://www.mypyramid.gov)**

• MyPyramid offers interactive tools, lesson plans, posters, and other information to guide classrooms through  
• the new food guide pyramid. Through this site, adults can find their personal eating plan while kids can explore  
• the new pyramid with the MyPyramid Blast Off game. This interactive computer game allows kids to reach Planet  
• Power by fueling their rocket with food and physical activity. “Fuel” tanks for each food group help students keep  
• track of how their choices fit into MyPyramid.

• **National Association for Sport and Physical Education (NASPE): [www.aahperd.org/naspe/template.cfm](http://www.aahperd.org/naspe/template.cfm)**

• The mission of NASPE is to enhance knowledge, improve professional practice, and increase support for high  
• quality physical education, sport, and physical activity programs through research, development of standards,  
• and dissemination of information. NASPE has published national standards for physical education and has  
• written position papers on a variety of physical education topics. NASPE’s online “Teacher Toolbox” shares  
• ideas for promoting quality physical education, physical activity, and youth sports programs. Each month  
• features activity ideas that meet national standards, elementary and secondary fitness calendars to send home  
• with students, bulletin board ideas, puzzles and games, information about the nation’s health observances, and  
• the newest resource materials.

• **National Parent Teacher Association (PTA): [www.pta.org](http://www.pta.org)**

• This website contains good resources and ideas on how to promote healthy lifestyles for schools and homes.  
• Click on “Parent Resources” and “Health and Wellness” to find tips and ideas for hosting healthy fundraisers,  
• supporting physical activity in schools, and learning how to help overweight students.

• **National Dairy Council: [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)**

• This site features current research on the health benefits of dairy foods plus product information, food safety,  
• and nutrient information. Free and low-cost classroom materials, lesson plans, and handouts are available.

• **National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)**

• The National Eating Disorders Association (NEDA) is the largest not-for-profit organization in the United States  
• working to prevent eating disorders and provide treatment referrals to those with anorexia, bulimia and binge  
• eating disorder and those concerned with body image and weight issues. This site has a “Parents and Family  
• Network” page that provides educational literature and communication strategies about eating disorders.

• **PE Central: [www.pecentral.org](http://www.pecentral.org)**

• This site is for health and physical education teachers. It offers sample lesson plans and resources plus  
• assessment information.

• **P.E.4LIFE: [www.pe4life.com](http://www.pe4life.com)**

• P.E.4LIFE is a nonprofit, advocacy organization dedicated to the delivery of health, fitness, and sports activities  
• to all students every day in school.

• **Physical Best: [www.aahperd.org/NASPE/physicalbest/](http://www.aahperd.org/NASPE/physicalbest/)**

• Physical Best is a comprehensive health-related fitness education program developed by physical educators for  
• physical educators. Physical Best was designed to educate, challenge, and encourage all children to develop  
• the knowledge, skills, and attitudes for a healthy and fit life. The goal of the program is to move students from  
• dependence to independence for their own fitness and health by promoting regular, enjoyable physical activity.  
• When combined with the FITNESSGRAM/ACTIVITYGRAM assessment program, it provides a comprehensive  
• set of resources and professional development workshops for teaching health-related fitness in a K-12 physical  
• education curriculum.

**Rocky Mountain Center (RMC) for Health Promotion and Education:  
[www.rmc.org](http://www.rmc.org)**

RMC is a private, nonprofit organization which disseminates comprehensive school health education programs and provides in-service trainings to educators, parents, and others committed to improving health. RMC also provides technical assistance and training on the national health education standards. Check out the RMC website for information, technical assistance, and funding opportunities related to the Coordinated School Health model.

**SPARK PE: [www.sparkpe.org](http://www.sparkpe.org)**

SPARK is a nonprofit organization founded at San Diego State University. The program focuses on improving the mental and physical health of children and adolescents by providing research-proven physical education curricula, training, and follow-up support to schools and organizations worldwide.

**Team Nutrition: <http://teammnutrition.usda.gov/Default.htm>**

USDA Team Nutrition was designed to help make implementation of healthy eating policies in schools more successful. This site contains free resources, posters, handouts, lesson plans and much more. Most materials can be downloaded and printed including information on improving your school environment and a guide to getting started in promoting health in your school. Lesson plans range in topics from teaching the food guide pyramid to more comprehensive programs such as “Eat Smart...Play Hard” and the “Fruit and Vegetable Challenge.”

**VERB: [www.verbnow.com](http://www.verbnow.com)**

VERB is a media campaign designed to encourage healthy movement among young people. This website contains games and information to help get kids moving.



**CanDo – Coalition for Activity and Nutrition to Defeat Obesity**  
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