



Alliance
for a
**Healthier
Generation**

www.HealthierGeneration.org

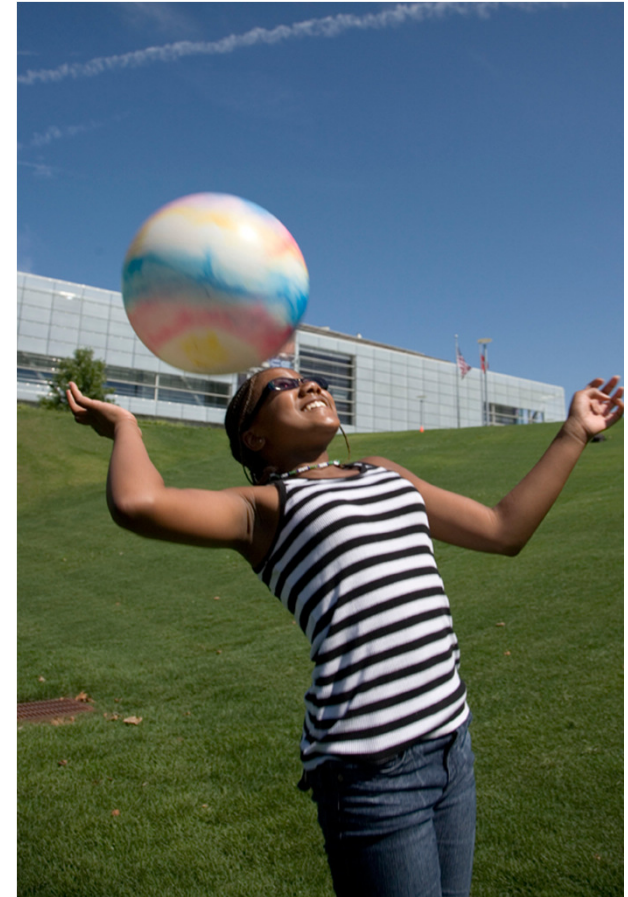
Objectives

- Provide a brief overview of the Alliance for a Healthier Generation
- Provide guidance to physical educators regarding resources they can share with classroom teachers

Alliance for a Healthier Generation 2011

There is **no single cause and no single solution** for childhood obesity. As a result, the Alliance works to positively affect the places that can make a difference in a child's health including homes, schools, doctor's offices and communities.

The Alliance is leading the charge against the childhood obesity epidemic by engaging directly with **industry leaders, educators, parents, healthcare professionals, and—most importantly—kids.**



Alliance for a Healthier Generation



- Supports more than 11,000 schools in all 50 states as they transform into healthier places for students to learn.
- Engages community organizations that empower youth to live healthier lives.
- Activates more than 2.5 million teens and tweens to commit to eat healthier and move more.
- Convenes major health insurers, employers and national medical associations to provide more than one million children with access to increased benefits around the prevention, assessment, and treatment of childhood obesity.
- Brokers voluntary agreements with the beverage, snack, and dairy industries to reduce calories and portions of beverages and snack foods sold to kids in schools that has contributed to an 88 percent decrease in total beverage calories shipped to U.S. schools.
- Founded in 2005 by the American Heart Association and William J. Clinton Foundation.
- Works to reduce the nationwide prevalence of childhood obesity by 2015 and to inspire young people to develop lifelong healthy habits.

Creating a Healthier Environment

- Healthier foods in schools
- More opportunities for physical activity
 - Before School
 - After school
 - During school
- Healthier Staff
 - More physical activity
 - Healthier food choices
 - Reduce stress
 - Reduce absenteeism
 - Serve as positive role models

Creating a Healthier Environment

- Increase education around healthy eating and physical activity
- Healthy snacks in before/after school programs
- Increase physical activity in before/after school programs
- Develop and adopt policies to provide sustainability
- Provide healthy vending and ala carte options
- Increase quality and quantity of physical education

Why Physical Activity?

- Children are less fit
- Children engage in behaviors contributing to cardiovascular risk factors
- Inactive children weigh more, have higher blood pressure and lower HDL
- Overweight and obese children often suffer from low self-esteem
- Physical activity produces overall physical, psychological and social benefits.
- Inactive children are likely to become inactive adults

Physical Activity Helps With...

- controlling weight
- reducing blood pressure
- raising HDL ("good") cholesterol
- reducing the risk of diabetes and some kinds of cancer
- improved psychological well-being, including gaining more self-confidence and higher self-esteem

Benefits of Physical Activity During the School Day

- Increased levels of positive behavior and cognitive functioning in youth
- Across studies, increased time for physical education does not negatively impact achievement in other subjects
- Integration of classroom PA breaks might improve on-task behavior during academic instruction

Physical Activity vs. Exercise

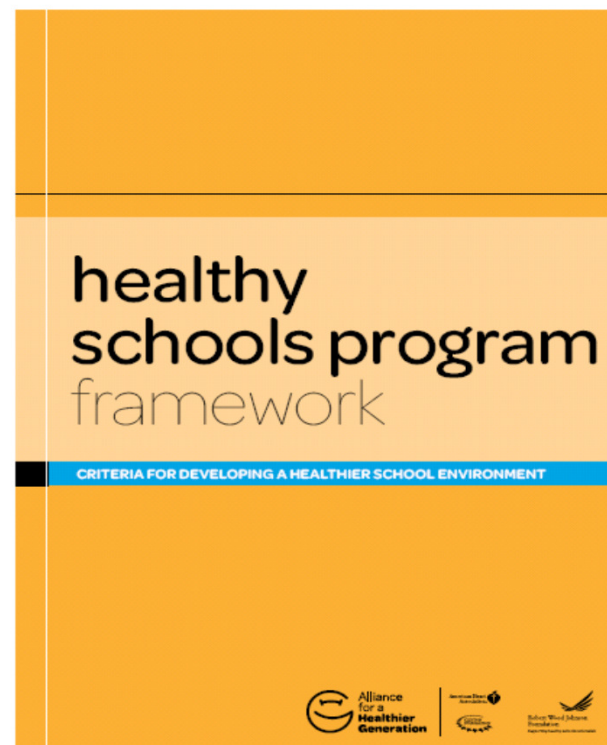
- **Physical Activity:** bodily movement that is produced by the contraction of skeletal muscle and that increases energy expenditure.
- **Exercise:** planned, structured, and repetitive bodily movement done to improve or maintain one or more components of fitness.

How Active Should Young People Be?

- Currently, the recommendation that is consistent across numerous leading scientific organizations:
 - *Among 6-19 year olds, 60 minutes of moderate to vigorous physical activity on most, if not all, days of the week*

Best Practices Framework

- Policy/Systems
- Health Education
- Physical Education
- School Meals Programs
- Competitive Foods and Beverages
- **Physical Activity**
- Before and Afterschool Programs
- School Employee Wellness



Physical Activity Criteria

- ❑ All students have the opportunity to participate in physical activity breaks on a daily basis
- ❑ School has an annual plan for integrating physical activity into most subject areas
- ❑ School offers at least 20 minutes of recess daily at the elementary school level

Physical Activity Criteria cont.

- School offers a range of competitive physical activity opportunities (intramural or interscholastic sports) before or after the school day
- School offers non-competitive physical activity opportunities aimed at engaging students in fun, recreational and life-long learning opportunities before or after the school day
- School has a plan in place to promote safe walking and biking to school

How Can Classroom Teachers Help?

- Integrate physical activity into lesson plans
- Give students a physical activity break at least once per hour
 - Use ready-made resources
- Lead by example
- Give students permission to move

Activity Works

- **Gets kids moving:** Physical activity minutes add up during short, guided classroom adventures.
- **Teaches students to enjoy fitness:** Educational content is fun, while encouraging healthy choices.
- **Improves classroom performance:** After burning off excess energy, students are recharged, refreshed and ready to learn.
- Includes five videos and 15 audio adventures specifically developed to capture students' imaginations and make fitness fun while improving classroom performance.
- Teacher lesson plans and parent materials further enhance the program, tying into the curriculum and encouraging positive extracurricular habits.

www.activityworks.com

Where to start

- Create a culture of physical activity
 - Establish clear start and stop signals
 - Provide a safe space to move
 - Provide stability balls as seats
 - Place bicycles on indoor trainers for quick PA breaks
 - Allow students to stand
 - Use music to motivate
 - Model enthusiasm

My Bonnie

My Bonnie lies over the ocean

My Bonnie lies over the sea

My Bonnie lies over the ocean

Oh bring back my Bonnie to me

REFRAIN:

Bring back, bring back

Bring back my Bonnie to me, to me

Bring back, bring back

Bring back my Bonnie to me

Source: Project Adventure Physical Education Program

<http://www.pa.org/programs/phised.php>

How PE Teachers Can Help Add PA to the Day

- Engage your colleagues—challenge to get kids moving
- Provide training and ideas
- Create a school challenge for PA
 - Walking challenge
 - Time challenge
- At the beginning of the class
- During homeroom or advisory period
- During a mid-block break

Physical Activity Opportunities

- Physical activity “alarms” (10 & 2 everyone moves)
- Student produced physical activity videos
- Stream physical activity videos for on-demand access
- JAMmin’ Minutes
- Voluntary PA programs during the lunch periods
 - Wii, DDR, yoga, Pilates, exercise videos
- Ask students to lead PA breaks
- Charge student leaders to create breaks that peers will do

to view this email as a web page, go [here](#).

JAM School Program



JAMmin' News

**AAPHERD Conference
COME SEE US
in Booth #828**

Are you going to be at AAPHERD in San Diego? Come to the exhibit hall to visit us at booth #828 AND JAM with us to Drew Brees' PA routine at 12:30 on 3/31 around stage 2.

JAMmin' Good Ideas

Make it a Habit. Fort Worth ISD is jammin' for 7 consecutive days to help make JAMmin' Minute a daily habit in their schools.

Be an Inspiration. Students at Joaquin have put together a series of videos with classmates demonstrating the weekly routines. We love the originality with the backgrounds and music. Watch them here: [Videos Link](#)

New JAMmin' Minute Routine

Authored by:
Will Cuhna, Luke Nye & Kevin Waggoner
Rosa Parks-Edison Elementary

We are so excited to share next week's JAMmin' Minute routine that is authored by Will, Luke and Kevin from Rosa Parks-Edison Elementary in Indianapolis, IN. Thank you so much for your creative and challenging routine. It's perfect for this time of year when our jammin' community is ready for an added level of difficulty.

We have also used your routine for all the companies that use our corporate program!

Your JAM Resources

(JAMmin' Minute, JAM Blast & Monthly Newsletter)

Get next week's JAMmin' Minute routine, the new Drew Brees JAM Blast and the March 2011 Monthly Newsletter from the JAM Library, plus access past issues.

[Click Here to Get to the JAM Library](#)

About the JAM Library: There are three categories of resources in the library. Click the button for the resource you want. The most recent issues will be listed at the top in each category. (1) JAMmin' Minute is a list of the one-minute routines for the current school year. (2) JAM Blast is a list of the athlete-featured 5-minute routines with that athlete's healthy living and eating advice. (3) JAM Newsletter is a list of the current year's monthly newsletters.

Get JAMmin' at least 5 times each day.



Alliance
for a
**Healthier
Generation**

Founded by American Heart
Association.



JAMmin' Minute®

| Secs | Workout Routine: Standing Exercises |
|------|---|
| 10 | March legs and pump arms over head |
| 10 | Bend forward, pump arms & run in place (sprint) |
| 10 | Alternate: Right elbow to left knee & switch |
| 10 | Bend forward, pump arms & run in place (sprint) |
| 10 | Pump arms and jog in place |

Health-E-tip

Show Your Support. On Friday, Feb. 4 wear something red, have lunch with a group of friends and talk about what you can do to keep your heart healthy or simply talk to five other people about heart health to support heart month and raise awareness about this important topic.

Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.

www.jamschoolprogram.com

Copyright © 2011, Health-E-tips, Inc.



Founded by American Heart Association.





Rectangular Snip

JAMmin' Minute[®]

*Authored by: Will Cuhna, Luke Nye & Kevin Waggoner
Rosa Parks-Edison Elementary*

| Reps | Workout Routine: Seated Exercises |
|------|---|
| 10 | Hold on to chair-extend legs out & in. |
| 10 | Legs out and clap under each leg 10 times. |
| 10 | Lift crossed legs up even with chair. Reach out and hold. |
| 10 | Hold onto chair and bicycle your legs. Repeat |
| 10 | Sit on edge of chair w/legs out on floor. Reach for toes, hold. |

Health-E-tip

Go Green. St. Patrick's day is March 17th. Celebrate all week by choosing foods that are green in color. Green apples, zucchini, broccoli, Brussel sprouts, all types of lettuce, spinach, peas, green beans, soybeans and green peppers are just a few options.

Focused Fitness

Fab 5

Physical Activity Break

www.focusedfitness.org/



Founded by American Heart Association.



Task Cards

JOIN THE MOVEMENT! EMPOWERME2B.ORG



PA & Multiplication

1. Do 2x3 jumping jacks
2. Do 4x2 jump and twist
3. Do 3x3 toe touches
4. Do 5x1 cross knee touches
5. Do 4x4 single knee raises
6. Do 2x10 seconds of marching
7. Do 5x5 seconds of wall sits
8. Do 7x2 wall push ups
9. Do 1x8 side stretches
10. Do 2x6 lunges



Founded by American Heart Association



Founded by American Heart Association



Task Cards

JOIN THE MOVEMENT! EMPOWERME2B.ORG



1. Skip to the New York Giants location; do 10 Jumping Jacks
2. Jog to the St. Louis Rams location; do 5 push-ups
3. Walk to the Seattle Seahawks location; do 10 sit-ups
4. Jump to the Denver Broncos location; hop on one leg 10 times
5. Gallop to the Tennessee Titans location ; do 10 toe touches
6. Walk on tip toes to the Arizona Cardinals location; pretend to kick a field goal three times
7. Run to the Philadelphia Eagles location; pretend to throw five touch-down passes
8. Walk backwards to the San Diego Chargers location; perform a touch-down dance
9. Speed walk to the Minnesota Vikings location; pretend to catch five touchdown passes
10. Hop to the New Orleans Saints location; pump your arms up in the air 10 times. You are the 2010 Super Bowl Champs!

empower
ME

Founded by American Heart Association.  CLINTON FOUNDATION 



<http://www.healthiergeneration.org/schoolsdisplay.aspx?id=5604>

Founded by American Heart Association. 



Sneak Preview

Truth on Health Fast Breaks



Founded by American Heart Association.



Physical Activity Opportunities

FastBreak Fitness Breaks Toolkit

FITNESS BREAKS
TIP-OFF

11

hop on one leg

Take off on one foot and land on the same foot multiple times.



FITNESS BREAKS
PRE-GAME

3

knee raise

Stand tall, lift one knee up towards the chest and hold. Alternate knees.



Empowerme2b.org/fitnessbreaks

Who's the Boss?

10

Cross knee lifts
(lift your right knee
to touch your left
elbow, lift left knee to
touch right elbow)
10 times each side



Drinking enough H2O
makes you feel better, have
more energy, and look better



10

Triceps stretch for
15 seconds each arm

10

6

A "serving" is
an amount of a food,
such as a cup or an
ounce, used in dietary
recommendations or
on food labels—servings
and portions are not
always the same

9

Activity source: Never Play Leapfrog with a Unicorn

NFL Play 60 Challenge

- 1 Football Captain in Charge:** Choose a student volunteer to start leading a physical activity by his/her desk. After 20 seconds, the Captain chooses another leader. Students can be creative or use basic activities such as jumping jacks, marching in place, etc.
- 2 Rock, Paper, Scissors with Legs:** Students play a traditional game of Rock, Paper, Scissors with their feet. Jump 3 times with feet together and then choose position: rock = feet together; paper = feet apart; scissors = one foot forward/one foot back. Students play best out of three with a classmate and then find a new partner to challenge.
- 3 Referee Makes the Call:** The teacher calls out a movement slowly at first and then speeds up, varying the order and length of activity. Suggestions for activities are: seat kicks, high knees, quick steps, 1/4 turn in place, 1/2 turn in place.
- 4 Day at the Stadium:** Act like you are going to an NFL Stadium without having to leave the classroom! Get out of your car, walk through the turnstile, walk up stadium steps, squat at seat, team scores—signal touchdown and jump up and down, give 5 people a “high 5” since you won the game, walk down the stadium steps, walk through the parking lot, get back into your car. Repeat activity.
- 5 Stadium Seat Moves:** Students do the following moves while seated in their chair: the rumble (stomp feet on floor as quickly as possible), pretend to throw 5 penalty flags, YMCA (make letters with arms), shoulder shrugs, extend legs in front, pass popcorn down the row, wave at the camera with both arms, nervous fan (cross one ankle over the opposite knee, alternate 10 times).

http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Resources_UCM_304758_Article.jsp



Founded by American Heart Association.



Resources for a Physically Active Classroom

- NASPE Teacher Toolbox
 - <http://www.aahperd.org/naspe/publications/teachingTools/toolbox/>
- Please visit the Healthy Schools Program Resource Database for more physical activity implementations ideas, tools and curriculums. When searching the database, choose PA or BA and then choose national resources. www.healthiergeneration.org/schools.

Tools to Help

- Physical Activity Toolkit
- Fact Sheets
- Success Stories
- Resource Database
- And more...

Lisa Perry
National PE/PA Manager

970-724-0088

lisa.perry@healthiergeneration.org

