

Youth Empowering Youth

Lessons from an Alliance for a Healthier Generation's National Youth Advisory Board Member

Alliance for a Healthier Generation –

<https://www.healthiergeneration.org/>

We work with schools, companies, community organizations, healthcare professionals, and families to transform the conditions and systems that lead to healthier kids.

Youth Engagement Guide –

https://www.healthiergeneration.org/take_action/empower_young_people/engage_youth/

The Youth Engagement Guide describes how to engage young people in the health efforts of their schools and communities, especially by creating environments where nutrition and physical activity are encouraged.

EmpowerME4Life –

https://www.healthiergeneration.org/take_action/empower_young_people/teach_healthy_living/

EmpowerME4Life, an 8-session evidence-based course, equips youth with the skills and knowledge to eat better and move more. Each 45-minute session builds on the last to reinforce lifelong skills for nutrition and fitness. Teen and adult facilitators can use empowerME4Life in afterschool and community environments to teach the 5 steps to healthier living.

Youth Service America –

<http://www.ysa.org/>

YSA supports a global culture of engaged youth committed to a lifetime of service, learning, leadership, and achievement. The impact of YSA's work through service and service-learning is measured in student achievement, workplace readiness, and healthy communities.

Ethan's President's Council on Fitness Sports and Nutrition Speech –

<http://www.tvworldwide.com/events/pcfns/120501/default.cfm?id=14520&type=flv&test=0&live=0>

Through partnerships with the public, private, and non-profit sectors, the President's Council promotes programs and initiatives that motivate people of all ages, backgrounds, and abilities to lead active, healthy lives.