

Successful Wellness Committees: Activities, Resources, and Ideas

Resource List

Employee Wellness

- AHG's Employee Wellness toolkit
- CDC's LEAN Works!
- Local organizations--Karate, zumba, yoga, walking/running

Health Education

- Care2Eat
- Read B4 U Eat
- Institute for America's Health WAY (Wellness, Academics, and You) Program
- Choose My Plate
- Kids Health in the Classroom

Physical Education

- SPARK
- CATCH

Policies and Systems

- SchoolWellnessPolicies.org
- Healthy fundraising
 - Salsa! Salsa!
- Healthy in-school celebrations
 - Cupcake letter

Healthy Cafeterias

- Strong4Life Cafeteria Managers Training
- USDA Fresh Fruit and Vegetable Program
- Healthy Schools National Content Advisor

Healthy Vending

- AHG's Product Navigator and Calculator
- Action for Healthy Kids—Healthy Concessions & Competitive Foods tip sheet

Student Wellness

- Before and after school
 - Boks
 - Safe Routes to School
 - Local organizations—YMCA, Boys & Girls Club, Intramurals
 - AHG's Out of School Time Program
- Brain breaks
 - Go Noodle
 - Fit for a Healthier Generation (on School Tube)
 - www.youtube.com/strong4lifega
- JAM School Program

Funding Resources

- Fuel Up to Play 60
- Georgia Shape Grants
- Action for Healthy Kids
- Local foundations

Other Resources

- AHG's online resources and toolkits
- Students Taking Charge Program (middle and high school)
- Action for Healthy Kids
- Game On! The Ultimate Wellness Challenge
- GeorgiaShape.org
- Power up for 30 (PUF30)
- Let's Move Active Schools!