

# 2011/2012 Calendar of Events

nrgBalance (short for “energy balance”) provides school and community health leaders with resources and programs to encourage youth and their families to eat healthy and be active.

## September 2011

September 24: Family Health & Fitness Day  
*\*Visit [www.fitnessday.com](http://www.fitnessday.com)*

All Month Long: Childhood Obesity Awareness Month  
*\*Visit [www.healthierkidsbrighterfutures.org](http://www.healthierkidsbrighterfutures.org)*

All Month Long: Whole Grains Month  
*\*Visit [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)*

All Month Long: Fruits and Veggies - More Matters Month  
*\*Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)*

## October 2011

October 3: National Child Health Day  
*\*Visit [www.mchb.hrsa.gov](http://www.mchb.hrsa.gov)*

October 3-7: International Walk to School Week

October 5: Walk to (or at) School Day

October 10-14: National School Lunch Week  
*\*Visit [www.schoolnutrition.org/nslw](http://www.schoolnutrition.org/nslw)*

October 26: Apple Crunch

All Month Long: National Apple Month

**November 2011** No scheduled events

**December 2011** No scheduled events



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## January 2012

No scheduled events

## February 2012

All Month Long: Jump Rope for Heart/Hoops for Heart  
*\*Visit [www.americanheart.org](http://www.americanheart.org)*

## March 2012

March 5-9 : National School Breakfast Week  
*\*Visit [www.schoolnutrition.org](http://www.schoolnutrition.org)*

March 12: nrgBalance Zone Enrollment Launches  
*\*Enrollment runs through Friday, April 20*

March 16: Go for the Greens

All Month Long: National Nutrition Month  
*\*Visit [www.eatright.org](http://www.eatright.org)*

All Month Long: Jump Rope for Heart/Hoops for Heart  
*\*Visit [www.americanheart.org](http://www.americanheart.org)*

## April 2012

April 20: nrgBalance Zone Enrollment Closes

April 23-27: National TV Turnoff Week

April 25: Move it Outside

## May 2012

All Month Long: National Physical Fitness and Sport Month  
*\*Visit [www.fitness.gov](http://www.fitness.gov)*

All Month Long: National Bike Month  
*\*Visit [www.bikeleague.org](http://www.bikeleague.org)*

## June 2012

June 4: National Trails Day  
*\*Visit [www.americanhiking.org](http://www.americanhiking.org)*

*For more information on nrgBalance programs and events, please visit [www.nrgbalance.org](http://www.nrgbalance.org).*