



the movement to make healthy easy

nrgBalance eNewsletter
Brought to you by the Center for Nutrition & Activity Promotion
at Penn State Hershey

In This Issue

[Kohl's at PA Farm Show](#)

[Healthy Eating on the Run](#)

[America Walks](#)

[Monthly Wellness
Messages](#)

[Partners in Health](#)

[Grant/Award Opportunities](#)

[nrgBalance Zone
Information](#)

[nrgBalance on Facebook
and Twitter](#)

Quick Links

[About nrgBalance](#)

[nrgBalance - Families](#)

[nrgBalance - Schools](#)

[nrgBalance - Communities](#)

[Kohl's Healthy Choices for
Healthy Families](#)

[Center for Nutrition and
Activity Promotion](#)

January 2012



Welcome to our January 2012 eNewsletter!

Make nrgBalance one of your New Year's resolutions. Find tools and resources on our [nrgBalance website](#) and up-to-date information on our [Facebook](#) page to keep proper nutrition and physical activity part of your every day lifestyle.

Best wishes for a healthy and happy New Year!

**Visit Kohl's Healthy Choices for Healthy Families
Exhibit at the PA Farm Show - Take the nrgChallenge!**

Come join the Center for Nutrition and Activity Promotion (CNAP) and Kohl's Associates in Action at the **2012 Pennsylvania Farm Show**, snack on some nutrition knowledge and take steps towards a healthier you. This year, the **Kohl's Healthy Choices for Healthy Families program** will focus on eating healthy and getting active.

Youth and families who visit the exhibit may take part in the nrgChallenge. The nrgChallenge is a group of interactive stations which get participants active and tests their basic nutrition knowledge. To support the healthy living message, CNAP will be distributing a variety of FREE family resources for those who complete the nrgChallenge. Be sure to sign up for the *Kohl's Healthy Families Email* while visiting the exhibit for your chance to win a \$100 Kohl's gift card.

Make plans to visit the 2012 Farm Show and don't miss out on free resources and education for your family by visiting the Kohl's Healthy Choices for Healthy Families program. The exhibit, located in the Main Hall, will be part of the Department of Health's "Passport to Healthy Living." We hope to see you at there!



For more information about the Kohl's Healthy Choices for Healthy Families program, please visit www.kohlshealthyfamilies.org.

Healthy Eating on the Run: A Month of Tips

You probably eat out a lot-most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are a few tips to help you eat healthy when eating out.

- Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
- Take time to look over the menu and make careful selections. Some restaurant menus have a special section for "healthier" choices.
- Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
- Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
- Eat your lower-calorie food first. Sour or salad is a good choice. Follow up with a light main course.
- For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

To read more about more tips for eating healthy on the run and other nutrition tips, visit the American Dietetic Association's website:

<http://www.eatright.org/nutritiontipsheets/>

America Walks - Free App

Every Body Walk! Free App Gets Us Moving

[Every Body Walk!](#), powered by Kaiser Permanente, is committed to getting Americans up and moving. The free [Every Body Walk! app](#) enables you to personalize your walking plan, connect with walking communities, find out about the latest fitness trends and tips, and more.

And, just in case you missed [this video](#) where Kaiser Permanente Chairman & CEO George Halvorson explains the numerous health benefits of a regular walking regime, watch it and it will knock your socks off!

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. We are helping them spread the message that walking 30 minutes a day, five days a week really can improve your overall health and prevent disease. To find news and resources on walking, health information, walking maps, how to find walking groups, a personal pledge form to start walking, as well as a place to share stories about individual experiences with walking, please visit the EveryBody Walk website: <http://www.everybodywalk.org/>

Monthly School Wellness Messages

January NOW Available

The monthly messages can be used in newsletters, as morning announcements, and as take-home flyers for families.



Download January's school wellness message, "[Drink for Your Health!](#)"

WISE SNAC's monthly health messages, geared toward schools and families, are available each month from September through June.

Partners in Health

Kohl's Cares® - Cause Merchandise Program

Kohl's sells kid-friendly cause merchandise, with 100 percent of the net profit donated to support kids' health and education initiatives in communities nationwide.

Since 2000, more than \$180 million has been raised through our Kohl's Cares® cause merchandise program.

[Shop online](#) or visit a [Kohl's near you](#) to purchase these great Kohl's Cares® items and help kids in your community.

Learntobehealthy.org - Health Science Education Resources for Educators & Families

LearntobeHealthy.org is an online health science learning site designed to help educators and parents communicate important health concepts to students. The site contains comprehensive lesson plans, interactive games and activities, webquests and more. The goal of the site is to inspire students - and their families - to make healthy choices that will

last a lifetime.

LearntobeHealthy.org has everything needed to easily implement health education in the classroom. Their collection of kits includes web-based health science education activities with accompanying lesson plans, supplemental worksheets and paper-based activities. These materials can be utilized in the classroom, in after-school programs, in community centers and at home.

Action for Healthy Kids - *Game On! The Ultimate Wellness Challenge*

Game On! The Ultimate Wellness Challenge challenges America's elementary schools, their staff, students, and the families they serve to incorporate healthy food choices and physical activity into their daily lives and into the culture of their school community. This no-cost step-by-step online guide provides all the information and resources you need to host a successful school wellness program in your elementary school during the entire school year and beyond. Working together, we can help students eat better and move more. The Game On! framework features over 35 Eat Better and Move More Challenges, for students grades K through 6, that emphasize healthy eating and physical activity before, during, and after school-even at home!

Action for Healthy Kids offers programs for middle and high schools through the **Fuel Up To Play 60 Movement** and **Students Taking Charge** program.

For more information about *Game On!* and other programs, please visit the [Action for Healthy Kids website](#).

Let's Move - America's Move to Raise a Healthier Generation of Kids

Principals, teachers and parents can help make schools healthier places to learn by providing quality nutrition, integrating physical activity during the day and teaching children about the importance of embracing a healthy, active lifestyle. Follow the 5 steps below for more, or check out the

[Let's Move teacher toolkit](#).



To learn more about America's move to raise a healthier generation of kids, visit the [Let's Move website](#).

NFL PLAY 60 is the National Football League's campaign to energize

kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

The NFL has partnered with organizations such as the National Dairy Council and the American Heart Association to bring programs like the **PLAY 60 Challenge** and **Fuel Up to PLAY 60** to your school.

To find out how you and your school can join the **PLAY 60 movement**, visit the [NFL PLAY 60 website](#).

Grant/Award Opportunities

Fuel Up to Play 60 Funding Opportunities

Funding is available to K-12 schools enrolled in Fuel Up to Play 60 during the 2011-2012 school year. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements.

Whether you're just starting out with Fuel Up to Play 60 or looking to expand and extend an initiative that's already in motion, funding opportunities can help.

You can find background information, eligibility and funding guidelines, judging criteria, an online application, and lots of ideas about how to use funds to support your program based on examples from other schools - even step-by-step guidance on how to apply for funds on the [Fuel Up to Play 60 website](#).

There will be several application deadlines this year - but the sooner you apply, the sooner your school can be considered for funding to support your Fuel Up to Play 60 program.

Remember: Your school must be enrolled in Fuel Up to Play 60 for the 2011-2012 school year to be eligible to apply for funds. [Enroll today](#).

Finish Line Youth Foundation

Finish Line Youth Foundation focuses funding on organizations that provide opportunities for youth participation in the following areas:

- Youth athletic programs - Community-based programs addressing active lifestyle and team building skills.
- Camps - Established camps with an emphasis on sports and active lifestyle, especially programs serving disadvantaged and special needs kids.

[Click here](#) to see if you are eligible to apply.

Do Something Grants

Learn more at: <http://www.dosomething.org/grants>.

The Spark Grant-Finder Tool

The **SPARK Grant-Finder Tool** is your best resource for locating national and state-specific grants for your Physical Education, After school, Early childhood or Coordinated School Health program. Grants can be used for curriculum, teacher training, or equipment. For additional information visit:

<http://www.sparkpe.org/grants/grantfunding-resources/>

nrgBalance Zone Information

Watch for the 2012 deadline to participate in the 8th annual nrgBalance Zone campaign. Many **free** resources and tools for schools are available on our [nrgBalance website](#). We invite you to browse our website for helpful information on engaging youth and families in healthy eating and active living.

Enrollment in the 2012/13 campaign will open in **March 2012**. If you have any questions about the nrgBalance Zone program, please email info@nrgbalance.org.

nrgBalance on Facebook and Twitter

Stay up-to-date with nrgBalance! Get information on nrgBalance initiatives; news and information related to childhood obesity prevention, nutrition, and physical activity; and grant and award opportunities.

Find us on Facebook 

Follow us on 

nrgBalance is a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital. For more information on this and other initiatives of the Center, please visit www.nrgbalance.org.