



the movement to make healthy easy

nrgBalance eNewsletter

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June is National Safety Month. The Center for Nutrition and Activity Promotion at the Penn State Hershey Children's Hospital wishes you a healthy and safe summer! Visit the [National Safety Council website](#) for safe summertime tips and information.

Family Summer Fitness Tips

Our friends at the American Heart Association have offered some family fitness tips to stay healthy and active during the summer months. **Here is the rule:** get one hour of physical activity each day. The good news is that your kids' 60 minutes of physical activity doesn't need to happen all at once. Just help them get active for 10-15 minutes a few times a day.

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You don't need fancy equipment or a health club to help your kids get their daily physical activity. All you need are some regular household items and a little imagination. Combine a few of the tips listed below and they'll quickly add up to a fun and healthy 60-minute routine. Naturally, the best way to get your kids moving is to get up and go with them.

Step to it: Take three trips up & down the stairs with your child
Can Do: Go to the kitchen and find two of the heaviest cans you child can hold. Have your child stand with feet flat on the floor, with the cans in hands and arms at his/her side. Show your child how to lift the cans up to his/her chest, bending arms at the elbows. Have your child hold for two seconds, and then slowly lower arms. Repeat 10 times.

Get the House in Shape: Not only will they score points with you, but cleaning their rooms, vacuuming or doing the dishes can also get your kids' hearts pumping.

Double Time: When watching TV at home, do jumping jacks, push ups or crunches during commercial breaks.

How They Roll: Encourage your kids to put their muscles to work on their bikes, skates or scooters. Don't forget the helmets and pads.

Hoop It Yourself: A trashcan (or even a box) makes a great indoor

basketball goal - perfect for a quick game of one-on-one.

So make daily activity part of the program, and you could enjoy the health benefits too! For more information, visit the [American Heart Association website](#).

Download the [Get Moving! Fitness Tips for Kids handout](#) courtesy of the American Heart Association.

nrgBalance Zone Information

Although the deadline for enrollment in the 8th annual nrgBalance Zone campaign has passed, 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 activity 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.

Partner News

Walk to School Day 2011 Registration Now Open

Registration is now open for Walk to School Day 2011, a one-day event in the U.S. that is part of an international effort to celebrate the many benefits of walking and bicycling to school throughout the month of October.

Now in its 14th year, this year's event will be celebrated on **Wednesday, October 5, 2011**. Walk to School Day participation reached a record high in 2010 with more than 3,500 registered U.S. events, and that number is expected to rise once again in 2011.

Walk to School Day event registration is free and available to individuals and organizations holding an October event in the U.S. Events that register on the [Walk to School website](#) will be displayed on an interactive U.S. map on the website.

Registering a Walk to School Day event provides organizers access to free, downloadable materials including event ideas, certificates and customizable fliers. Registrants can also subscribe to a weekly e-

newsletter for six weeks in September and October with tips and resources for holding a Walk to School event.

For more information on Walk to School activities in the U.S., visit the Walk to School website. To see photos from events held in 2010, visit www.iwalktoschool.org/photos/index.htm.

Monthly School Wellness Messages

June NOW Available

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



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

Download June's school wellness message, "[Be a Trail Blazer](#)".

Visit nrgBalance at Upcoming Conferences/Events

This summer nrgBalance is taking to the road.

Take part in our Healthy Families exhibit at [Central Penn Parent's Family Favorites Festival](#) on **Saturday, June 4, 2011** at the Harrisburg campus of Harrisburg Area Community College.

Join us at the Clipper Magazine Stadium this summer and help to cheer on the Lancaster Barnstormers. Children will be randomly selected to participate in fun between-inning activities sponsored by Kohl's Cares and the Penn State Hershey Children's Hospital. So don't miss the fun. Please see the [Lancaster Barnstormers](#) website for game schedules and promotional events.

Come visit us at the Sovereign Bank Stadium on **Sunday, July 31, 2011**, for another Kohl's Healthy Family Day event. Join us in cheering on the [York Revolution](#) as they take on the Southern MD Blue Crabs. Game time is 5:00pm.

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.

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Grant/Award Opportunities

Highmark Healthy High 5 School Challenge Grant

The grant program is designed to support schools in their efforts to introduce nutrition and physical activity programs that will create healthier students.

The Highmark Foundation awards School Challenge grants throughout the year to elementary, middle and high schools within its service region. Grants cover amounts up to \$10,000 per school building. Schools that receive grants are eligible to apply for another grant in the next year.

For more information, please visit

<http://www.highmarkhealthyhigh5.org/grants/schools.shtml>.

Fuel Up to Play 60 Funding Opportunities

New for the 2010-2011 school year, funding is available to K-12 schools enrolled in Fuel Up to Play 60. 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 2010-2011 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>.

Target Field Trip Grant Program

As part of the program, each Target store will award three Target Field Trip Grants to K-12 schools nationwide-enabling one out of every 25 schools throughout the U.S. to send a classroom on a field trip. Each grant is valued up to \$700. For more information, please visit <http://sites.target.com/site/en/company/page.jsp?contentId=WCMP04-031880>.

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.