



the movement to make healthy easy

nrgBalance eNewsletter

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Move it Outside Photo Contest

The annual **Move it Outside Day** was celebrated during National TV Turnoff Week in April. Don't forget to [share](#) your **Move it Outside Day** photos and success stories with us by May 20, 2011.

Your school or community group could be featured in next year's 2012 **Move it Outside Day** poster.



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Congratulations nrgBalance Zone Class of 2011/12

Enrollment for the 8th annual nrgBalance Zone campaign is now closed. Congratulations to the **472 schools** that have enrolled to participate in next year's program. We applaud your commitment to fostering an environment for children that supports healthy habits such as eating well and being physical active.

Click [here](#) to view the list of schools participating in the 2011/12 campaign.

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.

We invite you to browse our website for helpful information on engaging youth and families in healthy eating and activity living.

Let's Move! Update

Port Matilda Elementary School was chosen to host a Let's Move in School Celebration on Thursday, May 5, 2011. The Centre County School was chosen from a national drawing of Let's Move registered schools.

Guest speakers at this event included Lydell Sargeant, a Former Nittany Lion corner back and now Buffalo Bills lineman, along with Penn State twirler, Matt Freeman.

The entire school participated in a walkathon to promote exercise and healthy living. Total distance walked by all individuals will be totaled to collectively cover the distance from their school to Disneyworld, the school's anticipated destination.

Congratulations, Port Matilda Elementary School!

For more information on Let's Move, visit www.letsmove.gov.

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](http://www.walktoschool.org) 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 flyers. 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

May 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 May's school wellness message, "[Spring for Small Steps](#)".

Visit nrgBalance at Upcoming Conferences/Events

This spring 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 at the Harrisburg campus of Harrisburg Area Community College.

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 

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.

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