



nrgBalance Zone Enrollment EXTENDED to March 31

Join the campaign that engages today's youth in healthy living

Open to all Pennsylvania schools (public and private, k-12) and community recreation centers (with after-school programming), the campaign equips nrgBalance Zones with the resources and support needed to improve policies, programs and environmental characteristics for healthy eating and physical activity.

Over the past five years, the campaign has engaged more than 2,682 schools and reached 3.5 million children.

Increased Member Benefits

By enrolling as an nrgBalance Zone, schools and community recreation centers will receive an **nrgBalance Zone Resource Pack** complete with bulletin board display, posters, program materials, and fact sheets; **year-long member benefits** like online toolkits, downloadable lesson plans, professional development opportunities, discounts on physical education equipment through Flaghouse; and a **customized annual report** to benchmark wellness progress.

In addition to these benefits, all nrgBalance Zones are eligible to apply for a **membership award** (nrgBalance program materials, evidence-based programs, and other incentives) to support the implementation of the healthy change in the school or after-school program environment.

Five Easy Steps to Enroll

Enrolling in the nrgBalance Zone Campaign is as simple as completing an online enrollment form, which enables schools and community recreation centers to assess and benchmark progress on health and wellness practices. Get started now...

1. Print the Sample Assessment
2. Share the sample assessment with your Wellness Team (i.e., School Health Council) and complete the sample assessment together, and decide if your setting will apply to receive an nrgBalance Zone Membership Award
3. During the open enrollment period (Feb. 2 - March 31, 2009), complete the online enrollment form and print a copy for your files
4. Upon completion of enrollment, apply for an nrgBalance Zone Membership Award
5. to help implement your school/after-school program's healthy change goal for the coming year
6. **NEW!** Access online member resources to help promote healthy eating and physical activity in your setting.