



nrgBalance Zone Enrollment March 8 - April 2, 2010

What is the nrgBalance Zone Campaign?

The nrgBalance Zone Campaign is an annual program that assists school health leaders with fostering an environment that supports children eating well and being physically active.

Participating schools are publicly recognized as nrgBalance Zones and are equipped with programs, resources and outreach opportunities to promote good nutrition and active living to youth and families. Enrollment in the nrgBalance Zone Campaign is FREE. All Pennsylvania schools, K-12, both public and private, are eligible to enroll.

What are the benefits to enrolling as a nrgBalance Zone?

The nrgBalance Zone campaign equips schools with:

- Online resources - planning guides, health education materials, and promotional templates
- Professional development opportunities
- Physical activity-related programs on walking/pedestrian safety and outdoor recreation
- Teen-led health promotion campaign
- After-school program for elementary-aged children and their families
- Annual events promoting walk to school, healthy snacking, healthy meals, and outdoor play
- Monthly nrgBalance eNewsletter

When did the campaign begin and how successful has it been?

The nrgBalance Zone campaign (formerly Keystone Healthy Zone) was launched during the 2003/2004 school year. Since that time the campaign has had an average yearly enrollment of 1,400 schools; been implemented at least once in 99 percent of Pennsylvania counties; supported the school wellness efforts of 79 percent of PA school districts; and engaged more than 40 percent of public elementary school buildings. To date, the campaign has reached more than 2,650,000 youth across the state of Pennsylvania.

Where can I get more information about this campaign?

For more information about this campaign and or questions about enrolling, please visit www.nrgbalance.org and click on for schools/after school programs or e-mail info@nrgbalance.org.

