



Raise Healthy Active Kids: Prevent Childhood Obesity

Audience

Helping Professionals, Parents, Educators

Program Description

How can you influence healthy attitudes toward food and activity? Learn six healthy behaviors that research indicates are most important for healthy weight in children and adults. Explore how you can adapt a home or classroom environment to make it easier for kids to make healthy choices!

Program Content

- Explore how to implement a supportive parenting and care-giving style that helps children develop healthy attitudes toward food and activity!
- Learn tricks to encourage children to eat vegetables and fruits!
- Discover 'hidden' calories and portion distortions found in sweetened beverages and fast foods!
- Explore ways to reduce screen time and encourage active play!

Required Time

1.5-3 Hours – Workshop

Delighted Clients

Canandaigua City Schools
AfterSchool Works New York

Contact

For more information about Healthy People, to receive Sally's Monday Moment for Health, or to book Sally to speak with your organization, contact:

Sally Crosiar
Canandaigua, New York
585-396-2945
Fax 585-393-1811
Sally@healthypeople.com