

SPREAD THE WORD

Use the following ideas to get other kids in your school to Go Healthy!

Create Go Healthy Posters

Making posters, a fun activity alone or with friends, is an easy way to spread the word about health and fitness in your school or community. We have created some Go Healthy shout-out poster templates for you to customize. Feel free, though, to get creative and come up with original posters too. Go to www.everythingnick.com to download posters and flyers.

Top tip: Remember to only put up the posters and flyers in approved areas of your school. Ask your school nurse if you can post them in the nurse's office; ask your school's cafeteria director if you can post food-related ones in the cafeteria.

Create a Go Healthy Bulletin Board

Create a Go Healthy display on your school bulletin board that is focused on getting other kids to take the Go Healthy Challenge. Provide them with health tips that support them with their challenge. Below are some ideas that we've come up with, but if you become inspired, go wild with your own.

• Create a **BIG Fact Sheet**

Help students understand the facts. The Alliance for a Healthier Generation (the folks that created the Go Healthy Challenge with Nickelodeon) is a great site for finding facts and figures.

<http://www.healthiergeneration.org/facts>

• Create **Exercise Tips Tear-Offs:**

To create a tear-off, make multiple copies of various exercise tips. Pin them or staple them securely to the bulletin board, and encourage students to take a tip from the board.

• Create **Recipe Tear-Offs:**

Go to <http://www.nick.com/myworld/letsjustplay/healthplans.jhtml> to see some of the recipes that the kids from the *Let's Just Play Go Healthy Challenge* are trying. Please check out some examples on the last page of this document.

Write a Go Healthy Article for your School Newspaper or Newsletter

Do you want to get other kids talking about Go Healthy and the pledge? Ask the editor of your school newspaper or newsletter if you can submit an article about the Challenge. If you are feeling really ambitious, suggest creating a Go Healthy Challenge section where you can write updates about students who are taking the Challenge in your school, sharing their success stories, recipes, and tips. Original tips on how to keep your pledge are also a great idea.



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Below is a sample article that you can follow when writing your own article for the school newspaper or newsletter.

Did you know that 25 million kids in the United States are overweight? This is a huge problem, but now we are being challenged to do something about it. Nickelodeon has teamed up with the Clinton Foundation (that's right the former President of the United States) and the American Heart Association to create the *Let's Just Play Go Healthy Challenge*. It is designed to help kids and students like us around the country take charge of their own health and lead their own Go Healthy movement.

There are four role models that you can choose to follow:

Health Warrior—As a Health Warrior, you want to transform your attitude and physical self by adopting a healthier lifestyle.

Activist—As an Activist, you lead the way to a healthier community and make changes that contribute to good health.

Emerging Athlete—As an Emerging Athlete, you are looking to find a sport or activity that inspires you and helps you be healthy.

Barrier Breaker—As a Barrier Breaker, you overcome barriers to health and find innovative solutions that allow you and your family to be healthy.

The Challenge is designed for us to make small changes in our everyday lives that can make a BIG difference to our overall health.

Go to <http://www.nick.com/letsjustplay/> for more information on how to pledge to Go Healthy. On this site you can find resources and tips on how to stick with your pledge. There are also message boards and blogs for you to share your own progress and to get ideas from kids just like you.

Create a Go Healthy Shout Out for Your School or Local Radio or Morning Announcement

Your school radio or local radio station are great ways to get the message out about the importance of being healthy, the problem of childhood obesity, and the Go Healthy Challenge! Below are some sample PSA's (public service announcements designed to get out a social message) that you can use. They are also available in Spanish.

:15 Second Spot

Did you know that 25 million kids in the United States are overweight? The Alliance for a Healthier Generation has teamed up with Nickelodeon to create the *Let's Just Play Go Healthy Challenge* to help kids take charge of their own health. Go to www.nick.com/letsjustplay/ for more information on how to pledge to Go Healthy. Are you ready to take the Challenge?

Anuncio de servicio público de :15 segundos

¿Sabía que 25 millones de niños tienen sobrepeso? El Alliance for a Healthier Generation se ha unido con Nickelodeon para crear el *Let's Just Play Go Healthy Challenge* para ayudar a que niños tomen cargo de su



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propia salud. Vaya a <http://www.nick.com/letsjustplay/> para más información sobre como comprometerse a Go Healthy. Esta listo para tomar el Challenge?

:30 Second Spot

Did you know that 25 million kids in the United States are overweight? The Alliance for a Healthier Generation, a partnership between the Clinton Foundation (that's right the former President of the United States) and the American Heart Association, is ready to fight one of this country's leading health issues. Together with Nickelodeon, they have created *Let's Just Play Go Healthy Challenge* to help kids take charge of their own health. The Challenge is designed for us to make small changes in our everyday lives that can make a BIG difference to our overall health. Go to <http://www.nick.com/letsjustplay/> for more information on how to pledge to Go Healthy. Are you ready to take the Challenge?

Anuncio de servicio público de :30 segundos

¿Sabía que 25 millones de niños tienen sobrepeso? El Alliance for a Healthier Generation, una sociedad entre el Clinton Foundation (asi es, el ex-presidente de los Estado Unidos) y el American Heart Association, esta listo para luchar contra uno de los problemas de salud más graves de este país. Junto con Nickelodeon, han creado el *Let's Just Play Go Healthy Challenge* para ayudar a que niños tomen cargo de su propia salud. El Challenge esta diseñado para que hagamos pequeños cambios en nuestras vidas cotidianas que pueden hacer una GRAN diferencia en nuestra salud total. Vaya a <http://www.nick.com/letsjustplay/> para más información sobre como comprometerse a Go Healthy. Esta listo para tomar el Challenge?



www.HealthierGeneration.org

SPREAD THE WORD: SAMPLE RECIPES

Glorious Green Guacamole

Serving Size: 7

Calories Per Serving: 45 calories

(Guacamole only)

Here's What You need:

- One big avocado
- A sprinkle of chopped onions. This is about 2 tablespoons (you can try the red onions if you like)
- A pinch of salt
- Two squirts of lemon or lime

Optional - If you like your guacamole with a twist, include the following

- 1/2 of a chopped tomato
- A fresh jalapeño pepper, chopped finely
- A shake of dried red pepper flakes

What to Do:

- Wash your hands, and get your ingredients and cooking utensils ready. Wash the avocado and lemon or lime under running water.
- With the help of an adult, cut the avocado in half and carefully twist it open. There's a big pit inside that you'll need to take out. Scoop out the avocado's insides with a spoon and put it in a bowl for mixing.
- Add the salt, onions and juice and mash with a fork until it's smooth. You can mash it a lot if you like it smooth, but chunky's good too.

Berry Milk Cooler

Serving Size: 2

Calories Per Serving: 145

Here's What You need:

- 8 oz skim or 1% milk
- 1 cup of berries of your choice: strawberries, blueberries, raspberries, or a mixture
- 1 teaspoon of sugar (optional)
- 5-6 Ice cubes
- 1/4 tsp of vanilla extract (optional)

What to Do:

- Place milk, fruit, sugar (if used) vanilla and ice cubes in a blender.
- Cover and blend at high speed until smooth.
- Remove center of cover and add ice cubes, one at a time, blending until each is thoroughly crushed.
- Serve immediately!