

STRATEGY 6: Participate in Local, State, and National Initiatives that Support Healthy Eating and Active Living

how to implement

Bring fresh ideas and resources to your Let's Go! work when you participate in other initiatives that support healthy behavior.

- **Bolded items** mean there is a supporting handout in this section!

Follow the National AfterSchool Association Healthy Eating and Physical Activity (HEPA) Standards in Out-of-School Time.

- Learn how the **Let's Go! 10 Strategies for Success Align with HEPA Standards.**

Use curricula to guide your Let's Go! efforts.

- Check out the **Healthy Eating and Physical Activity Curricula.**

Get involved with one of these excellent initiatives:

- Alliance for a Healthier Generation www.healthiergeneration.org
- Healthy Kids Out of School www.healthykidshub.org
- Maine AfterSchool Network www.maineafterschool.org
- National AfterSchool Association www.naaweb.org
- National Institute of Health We Can! Program www.nhlbi.nih.gov/health/educational/wecan
- Teens to Trails www.teenstotrails.org
- WinterKids www.winterkids.org

here, there,
everywhere!

Plan themed activities to celebrate national health days.

- Mark the **Healthy Dates to Celebrate** on your calendar.



MaineHealth

LET'S GO!

5-2-1-0