

# Healthy Schools Program



A healthy school is vital to preparing students for success. The Alliance's Healthy Schools Program offers school leaders and staff the tools, resources, and expertise to further their health and wellness goals. Any adult in the school building, whether you are a physical education teacher, food service director, or English teacher, can get involved and create change that improves the health of students and staff.

The Alliance's Healthy Schools Program is an evidence-based, national initiative grounded in a six-step process that guides schools to create, implement, and sustain healthy environments. It is proven to have a positive, long-term impact on students' health.



## WHY IT MATTERS

- Every day, 95 percent of school-aged kids and teens attend school. Aside from home it's the place where kids spend most of their time.
- Healthy students learn better: Studies show that they perform better on tests, get better grades, attend school more often, and behave better in class.
- When kids are physically active, they perform better academically, have better attendance, and their behavior improves.

## OUR REACH

Building healthier school environments for more than **16 million students** by improving physical education, health education, child nutrition, and staff wellness policies and programs in more than **27,000 schools**.



We all want our students to be better in reading and math. But we believe that if we prioritize the health of the student it will increase their interest in school. You stimulate the body and you stimulate brain activity. If we can keep kids healthier, then they'll live longer, and what better lesson is that?



**MICKEY KOMINS, PRINCIPAL, ANNE FRANK ELEMENTARY SCHOOL, PHILADELPHIA, PA**

Join the Alliance's Healthy Schools Program today.  
[Schools.HealthierGeneration.org](https://Schools.HealthierGeneration.org)

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