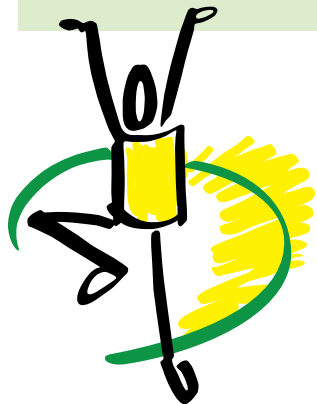




YOU Can Help Create a Healthier HISD... Sign Up Today to Serve as a Health Coach!

WHAT?



Health coaches are volunteers who plan and lead **wellness** improvements in HISD schools. As a *Healthy Kids, Healthy Schools* volunteer, you'll help your local school **take small but important steps** to make the healthy choice the easy choice for HISD students and staff.

You'll receive **easy-to-implement ideas and resources** designed to improve nutrition and physical activity opportunities at your school. You'll also **join a community** of volunteers at other HISD schools to share ideas, get advice and receive how-to training. Plus, you'll earn **rewards and recognition** for your efforts!

WHY?

A growing body of evidence shows that good nutrition and adequate physical activity improve students' cognitive function, attention, memory and self-esteem, and can reduce behavior problems. In short, **healthy students are better students**. And, sound nutrition and physical activity also can help kids maintain a healthy weight – a critical consideration in the face of the alarming epidemic of childhood obesity.

HISD's vision is to be *the* national leader and model for school health and wellness – helping **students and staff to feel and perform their best**. This can only happen with the involvement and support of the whole school community – and with the **leadership of committed individuals in each school**.

WHO?

Health coach volunteers are **people with a passion for creating healthy kids and healthy schools**, including P.E./health teachers, school nutrition and health professionals, other educators and school staff members, parents or others from the community who want to support their local school. Ideally, two or more wellness champions will volunteer to serve at each school.

Students also can get involved. Student leaders earn HISD volunteer hours while helping to make their school and their peers healthier.

HOW?

Sign up now at www.healthykidshealthyschools.org.



This program is part of HISD's *Healthy Kids, Healthy Schools* initiative.