Introduction

- Why Choose Health?
  - Concern over habits that can lead to overweight, obesity, and chronic diseases in children
  - Many kids have unhealthy eating and activity habits so Choose Health is directed not at weight control for some, but healthy behaviors for all including those listed to the right and on page 2 in the Leaders Guide.

- It’s easy to choose health when others around you make healthy choices and there are healthy options available.

- A Choose Health Officer in your club can help your members:
  - Be more aware of healthy behaviors
  - Be more active with games,
  - Set goals to be active
  - Suggest healthy snacks

The Details – How to Build Choose Health into All Your Club Meetings

- Have members elect a Choose Health Officer (CHO)– or rotate the job
- Help the Choose Health Officer(s) get familiar with the Choose Health Officer Guide
- Help him/her introduce Choose Health to the club and families via the Choose Health Family Calendar
- Remind them to include these components in each meeting:

Let’s Look at the Materials

- Leaders Guide
- Officer Guide
- Family Calendar

Help Us Know How it Works for You!

- Monthly and Annual Officer Report (CHO Guide, at end of each month and page 35.)
- Annual Leader Report (Leaders Guide, pp _____)

Let’s Move!

- Lead as many Let’s Move games as time allows, especially unfamiliar activities like Bobsleds (in February, p 21), Animal Stretches (December, p 15), and Walk Like This (March, p 24.)

Have Fun!”

Healthy Behaviors

- Drink water and low-fat (1% or skim) milk instead of sweetened drinks
- Play actively 60 minutes every day
- Eat more vegetables and fruits
- Eat fewer fast and convenient foods and more nutrient-rich foods like whole grains and veggies
- Eat only as much and as often to satisfy body hunger
- Limit screen time to 2 hours or less a day
- Promote healthy behaviors

At Each Meeting:

- Active Roll Call
- Challenge Check
- Health-H Challenge
- Health Tips – Family Calendar reminder
- Snack Ideas
- Let’s Move
- Check off what you do