



2019-20 Healthy Lifestyle Awards

Healthy Lifestyle Awards: Presented to a Local PTA Units; One elementary, middle and high school winner will be chosen.

This award recognizes local PTAs that place an emphasis on health and wellness issues affecting our schools, students and families. PTAs must show how they provide advocacy and activities to promote a healthy lifestyle throughout the year. This may include health and/or physical education.

Healthy Lifestyle activities should include:

- Promote healthy lifestyles in the home, school and community
- Emphasize the connection between healthy lifestyles, behavior and learning
- Promote family and community involvement in helping develop healthier schools
- PTA involvement with policy development to support healthy school environments

Suggested Areas:

- Addressing Childhood Obesity
- Health Education and increasing healthy access to food
- Safe places where children can play
- Physical education and active play
- Limiting sedentary activities/time