

change something @ school

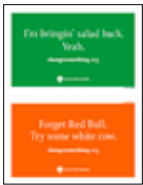
There are many ways you can improve your health at school. Small changes in physical activity and nutrition add up to big results in a healthy body and lifestyle. Start with these tools and suggestions to change something at your school. We double dare you.



After printing out the table tent on page 2, assemble it and place on breakroom, library and cafeteria tables. These change suggestions will stay with the reader throughout the day.



Print out the signs on page 3, and post them at the school's pop and snack machines. Who knew the machines had something to say?



Print out the signs on page 4. Post the top sign on the cafeteria salad bar, and post the bottom sign on the cooler that holds milk containers.



Use the sign on page 5 as a small reminder for high school drivers or teachers. The list of healthy changes below can be posted anywhere.

-
- Take your favorite “changes” from **changesomething.org**, and post them in the teacher’s lounge, the locker room, the gym or in the office. Change it up a little by changing the flyer once a week.
 - Encourage your friends and colleagues to download the Widget of Change. Each day, a new “change” will appear on your desktop.
 - Change all the default home pages in the computer lab to **changesomething.org**. Even better, download the Widget of Change to all the computers.
 - Students: Where else can you remind classmates to change something? The dessert bar perhaps?
 - Teachers: Use the changes from **changesomething.org** in your classroom. They are great for daily readers, bell work exercises or journal exercises.
 - PE teachers and athletic coaches: Choose your favorite suggestions from **changesomething.org**, and post them in the locker rooms or on gym doors.
 - Nurses and school nutritionists: Use some of our ideas on **changesomething.org** to make a list of healthy after-school snacks and meals.



changesomething.org

Graze less on chips,
more on fresh fruit and
vegetables.



Skip the extras
(sugar, salt, sour cream, etc.).



Don't drink your calories.
At 150 calories a pop,
(12 oz. that is) water's
looking awfully tempting, eh?



Kansas Health Foundation

To make
a healthier Kansas, and a
healthier you,
we don't need to change
everything,
just change something.

Pick one thing
to change today, and
share it with someone.
See what they're doing to
change something.

Visit changesomething.org
for more suggestions and tools
to help you change something.



Kansas Health Foundation

changesomething.org

Spend time with
your parents and siblings
by organizing an after-
dinner game of Frisbee®.



Take your bike
for a spin.



Instead of talking on the
phone or IM tonight, spend
time catching up with a
friend on an evening walk.



Kansas Health Foundation

Fold along dashed lines. Tape or glue this flap under the blue section to create a triangular pillar.
Place on table.

Taste the rainbow.
Eat some real fruit.

changesomething.org



Kansas Health Foundation

post by snack machine

post by pop machine

Free drinks.
At the water fountain.

changesomething.org



Kansas Health Foundation

I'm bringin' salad back.
Yeah.

changesomething.org



Kansas Health Foundation

post on salad bar

Forget Red Bull.
Try some white cow.

changesomething.org



Kansas Health Foundation

post by milk cooler

Park farther away.
Have a healthy walk.

changesomething.org



Kansas Health Foundation

high school and faculty

post on parking lot doors

post on bulletin board

- Instead of talking on the phone or IM tonight, spend time catching up with a friend on an evening walk.
- Skip the extras (sugar, salt, sour cream, etc.).
- Download the Widget of Change, and post your own “change” suggestions.

changesomething.org



Kansas Health Foundation