



# Every Kid Healthy Week

Launched by Action for Healthy Kids (AFHK) in 2013, Every Kid Healthy Week is an annual observance on the calendar of National Health Observances that celebrates school wellness achievements. Observed the last week of April each year, this special week shines spotlight on the link between nutrition, physical activity, and learning and the great efforts schools are making to improve the health and wellness of students—because healthy kids are better prepared to learn!

## How can my school join the celebration?

Every Kid Healthy Week is all about celebrating your school's wellness initiatives and inspiring new ideas to promote healthy eating, nutrition education and physical activity. Schools can show their commitment to wellness by hosting an event that focuses on healthy kids and families. Parents and family members can volunteer to help their kids' schools host an event, then keep the celebration going at home. Check out some event ideas below and visit [EveryKidHealthyWeek.org](http://EveryKidHealthyWeek.org) to get started. There, you'll find our planning toolkit and checklist, inspirational success stories from past events and tons more resources to help you plan the best Every Kid Healthy Week event yet – all free!

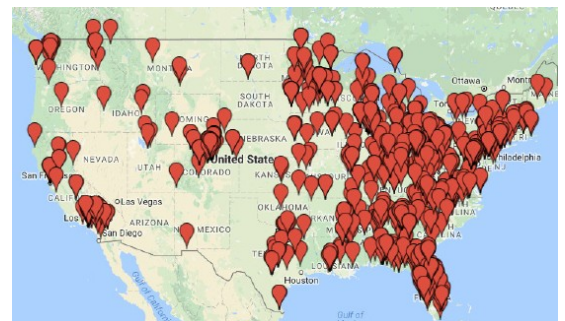
### Every Kid Healthy Week Event Ideas

- Host a healthy foods taste test featuring fruits, vegetables, whole grains or low-fat dairy products.
- Invite a local fitness instructor to volunteer to lead a family Zumba or yoga class.
- Create a school garden or refresh an existing one, and invite parent volunteers to help.
- Plan a school-wide Field Day, Walk-a-Thon or Fun Run and engage parent volunteers to help with organization.
- Combine these ideas and work with community partners for a full health & wellness fair!

Still not sure how to get started? Visit [ActionforHealthyKids.org/GameOn](http://ActionforHealthyKids.org/GameOn) for more activity ideas, resources and tips – including ways to engage volunteers to support your needs!

## Put Your School on the Map

Demonstrate your commitment to healthy kids and healthy families! Join the national movement for school wellness by registering your event at [EveryKidHealthyWeek.org](http://EveryKidHealthyWeek.org).



### National Sponsors

