Social Media Content for Schools and Educators

Our kids today face many challenges to their physical and emotional health, but together we can do something about it. Join the movement to #takeaction4healthykids at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action) to see how you can inspire lifelong healthy habits.

Parents/caregivers and schools are the top two influences on a child’s physical and emotional health. Let’s commit, together, to making changes and taking actions that help kids live happier, healthier lives. See how to #takeaction4healthykids at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action).

We know you want your kids to be happy and healthy, and so do we. #Takeaction4healthykids today by committing to be an action hero for your kids at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action). Every action you take helps kids build lifelong healthy habits that help them thrive.

Be a part of the movement to help ensure every kid is healthy, happy, and ready to learn by taking 1 million actions for kids by 2025. You can be their action hero by signing up at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action) to #takeaction4healthykids.

A happy, healthy kid learns better, so help them learn healthy habits. Join the movement to #takeaction4healthykids at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action) to see how you can help ensure every kid has access to healthy foods and opportunities for physical activity.

Help lay the foundation for a healthier future for the kids in our community by signing up to #takeaction4healthykids at [actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action). We believe every child deserves to be happy, healthy, and ready to learn, so join the movement now.

Every kid deserves the chance to grow up happy and healthy. Here are 101 ways to help make that happen, from eating meals and doing activities together to setting wellness goals to practicing gratitude and mindfulness. actionforhealthykids.org/101-actions #Takeaction4healthykids

Email/Newsletter Content for Schools and Educators

Want to be a part of the movement to help make sure every child is happy, healthy and thriving? You can help your kids and their peers in our community build lifelong healthy habits by committing to take action at [www.actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action). Action for Healthy Kids wants parents and caregivers like you to collectively take 1 million actions by 2025 that will lay the foundation for a healthier future. Sign up today, and be a part of something big.

Parents and schools are the top two influences on a child’s physical and emotional health. Let’s commit, together, to making changes and taking actions that help kids live happier, healthier lives. Visit [www.actionforhealthykids.org/take-action](http://www.actionforhealthykids.org/take-action) to get ideas for things you can do at home and at school that build a brighter future for our kids.