

Healthy Out-of-School Time (HOST)

A Partnership of
the Alliance for a Healthier Generation,
UPMC Children's Hospital of Pittsburgh, &
United Way's fitUnited

January 17, 2019



Today's Session

**HOST
OVERVIEW**

**6-STEP
PROCESS**

PARTNERS

**PHYSICAL
ACTIVITY
RESOURCES
AND TIPS**

HOST OVERVIEW





ALLIANCE FOR A
HEALTHIER
GENERATION





Research shows a strong link between a young person's practice of healthy habits, including a good diet and regular physical activity, and an improvement in their overall life outcomes.

6-STEP PROCESS





Support from HOST Partners For Physical Activity



Mobilizing Communities to Motivate Kids' Healthy Habits



What physical activity can look like

Open Gym

External Programs

Structured Games

Curriculum Component

Sports

Brain Breaks

Field Trips

Active Play

Unstructured Activities

Physical Activity Resources

- Brain Breaks
- Maker Gym
- Yoga (Cosmic kids yoga)
- STEAM Curriculum

Questions?



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