

CDC Resources

Local School Wellness Policies

<http://www.cdc.gov/healthyyouth/npao/wellness.htm>

Health and Academics

http://www.cdc.gov/HealthyYouth/health_and_academics/index.htm

School Health Guidelines to Promote Healthy Eating and Physical Activity

<http://www.cdc.gov/healthyyouth/npao/strategies.htm>

Tips for Teachers/Administrators

http://www.cdc.gov/healthyyouth/npao/pdf/Tips_for_Teachers_TAG508.pdf

School Health Index: Self Assessment and Planning Guide

<http://www.cdc.gov/healthyyouth/SHI/>

The Association Between School-Based Physical Activity, including Physical Education and Academic Performance

http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pape_executive_summary.pdf

CDC Youth Physical Activity: The Role of Schools

http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf

Access to Drinking Water

<http://www.cdc.gov/healthyyouth/npao/wateraccess.htm>

Ideas for Nonfood Rewards

http://cspinet.org/new/pdf/constructive_classroom_rewards.pdf

Classroom Activity Breaks

<http://www.actionforhealthykids.org/what-we-do/programs/game-on/about-game-on/get-involved/640-brain-breaks-and-energizers>

National Center for Safe Routes to Schools

<http://www.saferoutesinfo.org/>

Employee Wellness

http://dhpe.site-ym.com/?programs_sew