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## Strong4Life Programs

Kohl's Healthy Halls  
School Wellness Program

The Kohl's Healthy Halls School Wellness Program, presented by Strong4Life and Kohl's Cares, teaches nutrition and physical activity in elementary schools by focusing on the Strong4Life **Healthy Habits**:

- o Make half your plate veggies and fruits
- o Be active for 60 minutes
- o Limit screen time to one hour
- o Drink more water and limit sugary drinks

In addition to improving children's health, studies show that eating healthy and participating in physical activity can increase students' academic performance.

This **FREE**, comprehensive program offers:

- o A 40-minute performance delivered by a professional theater group
- o Take-home materials for students and their parents, teachers and staff
- o Follow-up resource materials for the school



The Kohl's Healthy Halls School Wellness Program kicks off with a theatrical performance presented by TellTale Theatre. Schools that participate also receive water bottles for students and staff, educational handouts, a plaque of recognition, a healthy habits banner, posters, teacher tip sheets, and quarterly electronic newsletters. **Sign up your school for this exciting program now** and view **photos** from past events!



Want to hear what schools have to say about the Kohl's Healthy Halls School Wellness Program? Read about it **here**.

Interested in having the Kohl's Healthy Halls Program at your school? **Click here** to preview a past performance and download a **printable flyer**.

This program was developed to aid teachers and school staff without interrupting regular classroom activities. We are currently scheduling metro Atlanta elementary schools for the kick-off theatrical performance through December 2013. Sign up your school for this exciting program now!

Contact **HealthyHalls@choa.org** for additional questions about the Kohl's Healthy Halls Program.

## Kohl's Healthy Halls Back to School Fair

**Click here** to view a video recap of the 2012 Kohl's Healthy Halls Back to School Fair.

## Resources:

## School Wellness Councils

Read our two-part series, *How to Assemble an Effective School Wellness Council*, originally featured in the 2012 Kohl's Healthy Halls Newsletters.



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