

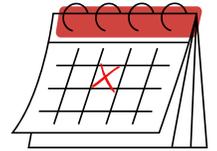
GETTING STARTED WITH YOUR OWN HEALTHY KIDS CLUB

BUILDING HEALTHY COMMUNITIES



Starting your own Healthy Kids Club can be as easy as following five simple steps:

- 1 Plan the day and time that works best for your school.
- 2 Recruit students and gather permission slips.
- 3 Plan activities and snacks.
- 4 Measure a lap space for the club's mileage time.
- 5 Begin the fun! Make sure to track students' attendance.



WAYS THE WEBSITE CAN HELP:

ON THE WEBSITE YOU'LL FIND:

- [Healthy Kids Club Permission Slip](#)
- [Healthy Kids Club Mileage Tracker](#)
- [Michigan Mileage Map](#)
- [How to use Michigan Mileage Map](#)
- [Monthly Snack and Activity Ideas](#)
- [Mindful Activity Ideas](#)

The BHC website provides lots of useful information to help you start your Healthy Kids Club which can all be found at www.bhcwsu.org.

Reach out to your Program Coordinator to inquire about incentives for your club members and mileage tracking bracelets!



TIPS FOR AN EFFECTIVE HEALTHY KIDS CLUB SESSION:

Start with mileage lap time for the first **15 minutes** (use mileage tracking bracelets, rubber bands, or popsicle sticks, to help students track their laps!)

Record laps for **5 minutes** using the HKC Mileage Tracker and the Michigan Mileage Map so students can convert their laps to miles!

Share a healthy snack for **10 minutes**.

Organize a fun activity for **20 minutes**.

Include a mindful activity for **5 minutes**.

Finish off the session with a **5-minute** cool down and healthy announcement.

IDEAS TO BEGIN!