

How students can promote a healthy school environment

Students are wonderful advocates for healthy behaviors among their peers and other children.

- Join the school's wellness committee
- Create a student wellness team
- Be a role model by eating healthy food and getting regular exercise
- Start a campaign about healthy eating and activity (e.g., posters, newsletters, materials for parents)
- Start a fitness club
- Change your fundraising products to healthy ones
- Encourage fellow students to make better food choices
- Sell healthy snacks and fruit in your school store and vending machines