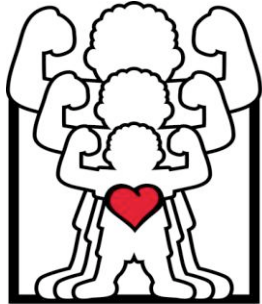


Addressing Childhood Obesity through  
Physical Education and Nutrition Education



**HEAL**  
HEALTHY EATING ACTIVE LIVING®

# HEAL

An Innovative Physical  
Education & Nutrition  
Curriculum

## What is HEAL?

- Disease Prevention Program for Children
- A Fitness-Based Curriculum
- Goal to Establish Healthy Lifestyle Patterns
- FUN

## HEAL Mission:

Childhood disease prevention by  
way of exercise that is monitored,  
safe and effective combined with  
a quality diet

## Goals

- Increase knowledge
- Improve fitness
- Change behavior
- Understand HHZ and the link to health/disease prevention
- Provide positive movement experiences where students are active a majority of the class period.

## WHY HEAL?

- Health issues among children
- Lack of physical activity combined with too much screen time
- Traditional programs with a skill focus often “turn kids off” to moving
- Improved classroom performance
- Encourages participation in physical activity outside of school
- Family outreach

## What Makes HEAL Different?

- A Fitness Based Approach
  - Teaching students the benefits of exercising in their Healthy Heart Zone (HHZ)
  - Using Heart Rate Monitors
  - Innovative, improves skills and develops fitness while incorporating cognitive concepts related to positive health behaviors
  - Integrated, includes all aspects of health related fitness
  - Daily Healthy Class Clues

## What makes HEAL different? Format & Guidelines

- Format
  - Activity Categories
    - 2 days Motor Skills in Motion
    - 1-day Fitness Games (HHZ at least 15 – 20 minutes)
    - 1 day Musculoskeletal Stations
    - 1 day Healthy Heart Zone-(20 minutes or longer in HHZ)
  - Guidelines
    - Wear heart rate monitors a minimum 2 times per week
    - Try to be in HHZ at least a portion of each class
    - 3 days minimum in HHZ at least 15 minutes

## What makes HEAL different? Curriculum Components

- Heart Rate Monitors
- Cognitive Component
  - Daily Clues
  - Home Play
  - Calendars
  - Handouts
- Nutrition Component
- Integrated assessment
  - HRM
  - Home Plays

## HEAL Class Clues

- HEALTHY
- EATING
- ACTIVE
- LIVING

## How does it work?

- **5-Introduction/Class Clue:** Remember your heart is a muscle and it has to be exercised just like the other muscles in your body. How do you exercise your heart? [aerobic activity] In physical education class during school, you do a lot of aerobic activity, but what about on the weekend? What are some activities you can do to accumulate your 60 minutes of activity on Saturday and Sunday? **Talk about Home Play #3, Aerobics and Your Heart Rate**
- **Closing:** Complete Aerobic Worksheet [[Hand Out # 4](#)] (connect the pictures to the word aerobic). Distribute [Home Play #3](#).

## Curriculum – Nutrition

### Focus: My Pyramid

- Monday: Grains
- Tuesday: Vegetables
- Wednesday: Fruits
- Thursday: Dairy
- Friday: Meat

### Focus: Healthy Eating

- Monday: Breakfast
- Tuesday: Healthy Snacks
- Wednesday: Fast Food
- Thursday: Beverages
- Friday: Overview; 5,4,3,2,1,0

## Handouts & Home Plays

- [HEAL Physical Activity Pyramid](#)
  - [Think Before You Drink](#)
  - [Fruit & Vegetables](#)
  - [Move Your Muscles](#)
- 

## Questions

- [www.healalabama.com](http://www.healalabama.com)
  - Donna Dunaway – [dldunawa@samford.edu](mailto:dldunawa@samford.edu)
  - Donna Hester – [dhester@uab.edu](mailto:dhester@uab.edu)
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