



Missouri-Arkansas District Project Healthy Lifestyles for Children

Goals: Year I

1. Develop an awareness of the issues impacting lifestyles for children.
2. Assess programs and services available to children in our communities. (ex. Schools, health care facilities, community at large)
3. Develop an awareness of state-wide initiatives addressing childhood obesity in Missouri & Arkansas.
4. Create a resource center for this project on the district Web-site.

Goals: Year II

1. Look for funding source to support development of educational Materials or buying resources need for projects.
2. Individual clubs plan & develop projects to get children & the community "On the Move". Web site will offer suggestions.
3. Suggest clubs budget for active toys, bicycles, jump ropes, balls, etc. to reward children for their participation in healthy lifestyles programs.
4. Address childhood hunger by assuring resources are in place to support Families/children needing food. (ex. food banks, church programs, back pack program.)
5. Meet with Governor's office in both states to become aware of state-wide initiatives which will impact this pandemic.
5. Work with local media sources, (newspapers, radios, cable, etc.) to educate communities on healthy lifestyles.



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Goals: Year III

1. Develop one district project all clubs can participate in which will have a significant impact on the health of children in our two states.
2. Advocate on a local & state level for physical education programs in schools a minimum of 3 classes a week.
After school program should include 30 minutes of outdoor activity or gym activities.
Two recesses per day in our elementary schools which encourage active play.
3. Participate in local & state wide committees addressing healthy lifestyles for children.
4. Participate in local committees to address issues which prevent children & adults from participating in healthy active programs. (ex. Sidewalks, safe parks, playground equipment.)