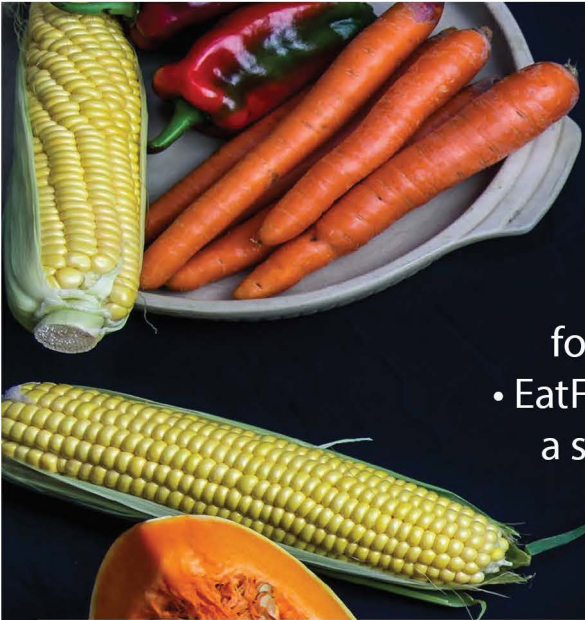




Promoting positive nutrition and physical activity behaviors, while supporting academic achievement in your 6th, 7th, and 8th grade students.



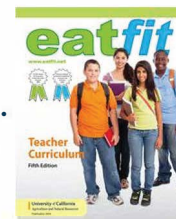
## Improve dietary and physical activity behaviors with EatFit!

- EatFit contains nine hands-on experiential lessons.
- Lesson topics include goal setting, label reading, fast food, breakfast, exercise, energy balance, and advertising.
- EatFit includes student workbooks and engages students in a self-assessment of eating and physical activity behaviors using [www.eatfit.net](http://www.eatfit.net)
- Options for pre-recorded and/or live lessons to support distance learning.
- No cost for eligible schools.



a goal setting curriculum designed to improve the dietary and physical activity behaviors of middle school students, as well as improve knowledge of the California Department of Education standards.

Lesson activities are correlated to California Common Core State Standards in math, science, and language arts as well as content standards in health and physical education. Program is provided at no cost for schools with 50% or more students enrolled in free or reduced school meals.



## For more information, contact:



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