

# Healthy schools

Helping you prevent childhood obesity.



State Health Benefit Plan (SHBP) and Sharecare are committed to working with Georgia communities to increase opportunities for healthier options where children learn, live and play. Here are a few ideas to get started in your community.

## Walking school bus

A walking school bus is a group of students who walk to school accompanied by one or more adults. Starting a walking school bus is fairly simple and involves contacting interested students and parents, locating a route, identifying adult supervisors and finalizing the logistics.

## School garden

School garden programs offer multiple opportunities for students to gain knowledge and skills regarding food systems and to realize the connections between food and environment, to promote healthy eating.

## Physical activity for all students

Adopt and enforce a policy that requires 30 minutes of physical activity per day in elementary schools and 45 minutes of physical activity per day in middle and high schools.

## Update your school wellness policy

Make sure your school wellness policy is working to make the healthy choice, the easy choice in your school environment.

**Be Well SHBP • BeWellSHBP.com • 888-616-6411**