



HEALTHY KIDS

Healthy Kids aims to give St. Petersburg's youth the knowledge and tools to live their healthiest lives. Throughout the year, our team of Community Health Leaders works to reduce the prevalence of childhood obesity and encourage healthy behaviors in children and families by offering interactive lessons on different dimensions of health, including mental, environmental, physical and well-being.

EVIDENCE-BASED PROGRAM

Healthy Kids utilizes the Coordinated Approach to Child Health (CATCH) Program, an evidence-based curriculum based on the Centers for Disease Control and Prevention's Coordinated School Health Model. The model uses eight interactive components to encourage youth to practice healthful eating and increase physical activity.

For more information, visit HealthyStPeteFL.com.



Healthy St. Pete
727-892-5994
HealthyStPeteFL.com
[@StPeteParksRec](https://twitter.com/StPeteParksRec)



HEALTHY KIDS AT HOME

The Healthy Kids at Home program is a virtual program that offers learning resources on a variety of topics, such as:

- Healthy Eating
- Screen-Time Reduction Strategies
- Water and Sun Safety Information
- Communication Skills
- Positive Self-Esteem
- and More!

Printable handouts are provided that offer health information, journaling prompts, fitness activities, art and science projects, and easy recipes for the whole family.



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