

Generation Fit Gives Youth the Opportunity To:

- Strengthen community action skills such as planning, advocacy, and communications
- Participate in projects that can increase physical activity and healthy eating among their friends and family, and in their schools and communities

Generation Fit is one part of a comprehensive approach to health promotion that can build personal and social skills, while addressing policy and environmental issues. Students learn through participation in meaningful community service activities.

Designed to be used by youth group leaders and educators, Generation Fit is appropriate for a variety of settings in which youth have the opportunity to work in teams, including the classroom, afterschool programs, and youth clubs. The projects take about six to

eight 30-minute sessions to complete, but they can be easily adapted to fit the needs and abilities of the group. The activities are an excellent extension of the nutrition curricula and physical education.



Generation Fit Can Be Used By:

- Teachers
- Food service staff
- Community service coordinators
- Guidance counselors
- Advisors to student groups
- Nurses
- Coaches
- Parent-teacher groups
- Youth groups and clubs
- Voluntary health organizations
- Public health departments

The Action Packet Contains Five Enrichment Activities:

- **Food for Thought:**
Trying New Recipes in Your Cafeteria
- **Message Magic:**
Selling Healthy Eating and Physical Activity
- **Lend a Helping Hand:**
Planning Meals for Those in Need
- **Team Up for Good Health:**
Improving Habits with a Partner
- **Let's Get Moving:**
Making Physical Activity a Priority in Our Community



Generation Fit in Action

With the help of Generation Fit, students are improving their own health and helping others do the same in their schools and communities.

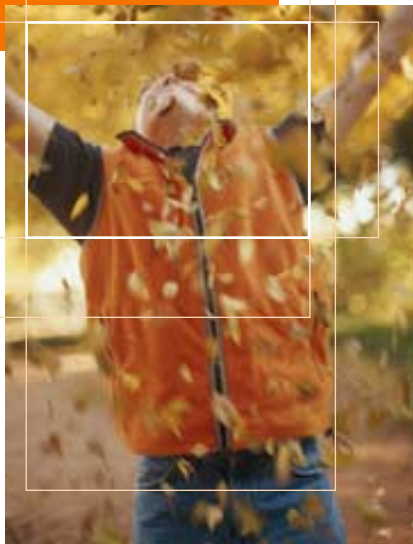
- Middle school students got their peers' favorite healthy foods added to the school lunch menu.
- High schoolers organized a community food drive and prepared a meal for a homeless shelter.
- An athletic team developed a fitness trail for the entire community at their school.
- Sixth graders taught younger students about the importance of healthy behaviors by taking them on walks and giving them healthy snacks.
- High school PE students advocated for repair of community parks.



Generation FitSM

Can kids take action to make their communities healthier?

Generation Fit is a set of enrichment activities that give young people ages 11 to 18 the opportunity to act on issues related to nutrition and physical activity in their schools and communities.



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The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

For more information about the Generation Fit Action Packet, contact the American Cancer Society office near you.

1.800.ACS.2345
www.cancer.org

Hope.Progress.Answers.®



Generation Fit™



*Today's Generation
Advocating for Good Health*



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