

FIZIKA PARTNER



Build On the Power of Positive Energy!

Give your school a “Health Makeover” with PE-Nut. This whole-school approach brings **Physical Education** and **Nutrition** education together to create healthy student change. Students take part in *active* learning, with nutrition-infused PE lessons, and physical activity bolstering classroom learning through activity breaks. Geared for Grades K-5.

PE-NUT

*Physical Education and Nutrition Education
Working Together*

CHANGE SCHOOL ENVIRONMENT

Simple, consistent and ubiquitous nutrition and physical activity messages motivate healthy changes. Academic achievement improves when students eat a healthy diet and when they are physically activity throughout the school day.

STRATEGIES

- Standards-based physical education that incorporates nutrition messages.
- Nutrition messages incorporated into core curriculum.
- Classroom activity breaks centered around health messages.
- Daily principal announcements.
- Take-home materials to connect with parents.

COORDINATED SCHOOL HEALTH

PE-Nut meshes well with a Coordinated School Health approach in schools.



"The principal enjoys talking about nutrition, healthy eating and the power behind it in daily announcements."

"[We] believe it is the most valuable program ever introduced in our district."

Ask us how to customize a package tailored to your needs and budget.

info@fizikagroup.com

Fizika Group, LLC
www.fizikagroup.com

Fizika[®]
POSITIVE ENERGYSM

PE-NUT

PE-Nut strategies keep nutrition and physical activity messages simple and developmentally appropriate, with core themes reinforced throughout the school environment.



Students, parents, and educators can all be motivated to make improvements in health behaviors in a school environment that presents **simple, consistent, and ubiquitous nutrition and physical activity messages**. In PE-Nut, physical educators, classroom teachers and principals work together to improve nutrition and physical activity in K-5 school settings.

It's not enough to merely increase students' (and teachers') knowledge about healthy choices. Changes must be made to the environment to support and reinforce these choices. PE-Nut utilizes materials that not only improve students ability to identify healthy alternatives to less healthy foods and activities, but also empower students, teachers and administrators to **change the school environment to facilitate ongoing change**.

PE-Nut uses these strategies in conjunction with a **comprehensive on-site staff development training** program to prepare your staff to effectively implement them.

PE-Nut Strategies include:

- Standards-based physical education incorporating nutrition messages. —————>



- Nutrition messages incorporated into curriculum. —————>



- Classroom activity breaks centered around health messages. —————>



- Daily principal announcements, ideas for school-wide events and assemblies, and BOE presentations. —————>



- Take-home materials to connect with parents. —————>

