



Youth-Led Healthy Change

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The Food Trust

Action for Healthy Kids

BUILDING ON SCHOOL WELLNESS



Nutrition

PE/Health

Parents &
Community

Students

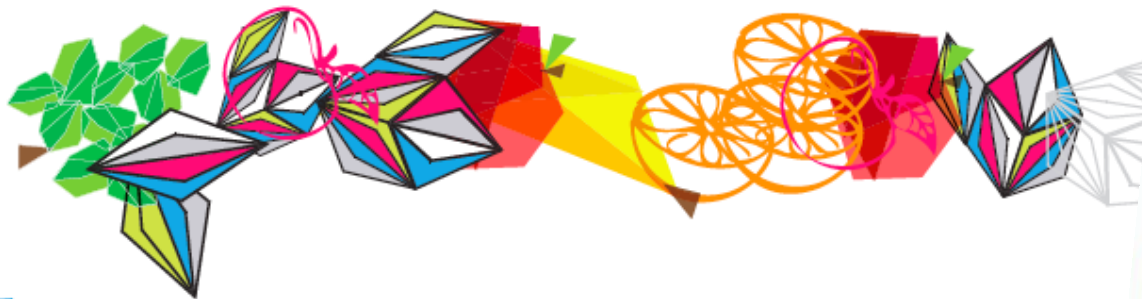
School Staff

HYPE

Healthy You. Positive Energy.

GOALS:

- ✓ Empower youth to be leaders for healthy change in their school and community
- ✓ Make it “cool” to be healthy
- ✓ Develop youth leadership skills
- ✓ Support the implementation of nutrition and physical activity initiatives

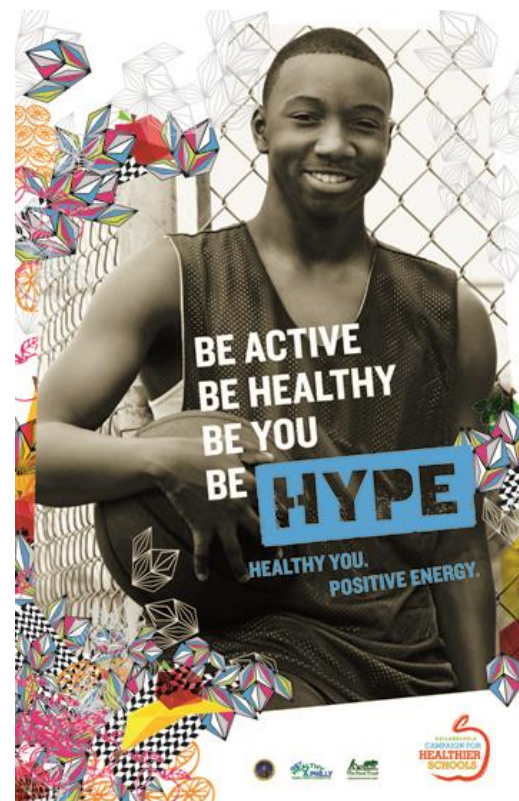
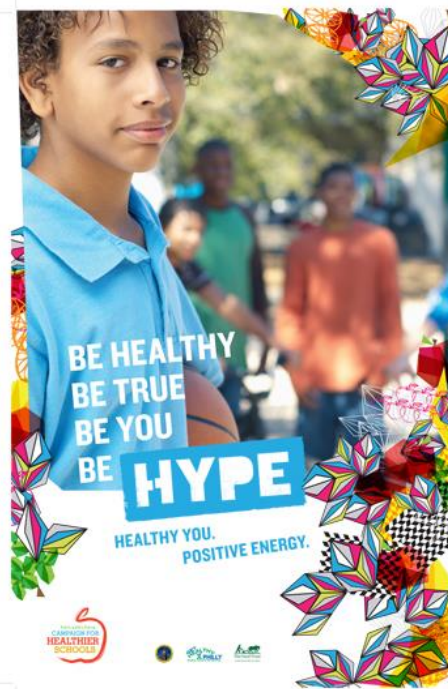


HYPE Healthy You. Positive Energy.



CREATING AN IDENTITY - HYPE

HEALTHY YOU. POSITIVE ENERGY.



HYPE

Healthy You. Positive Energy.

PROCESS:

1. Assess your environment
2. Get HYPE
kick-off / Build Awareness
3. Create an Action Plan
4. Implement Activities



Healthy You. Positive Energy.



YOUTH LEADERSHIP SUMMIT

Build Energy. Get Inspired. Be the change. Lead the HYPE.

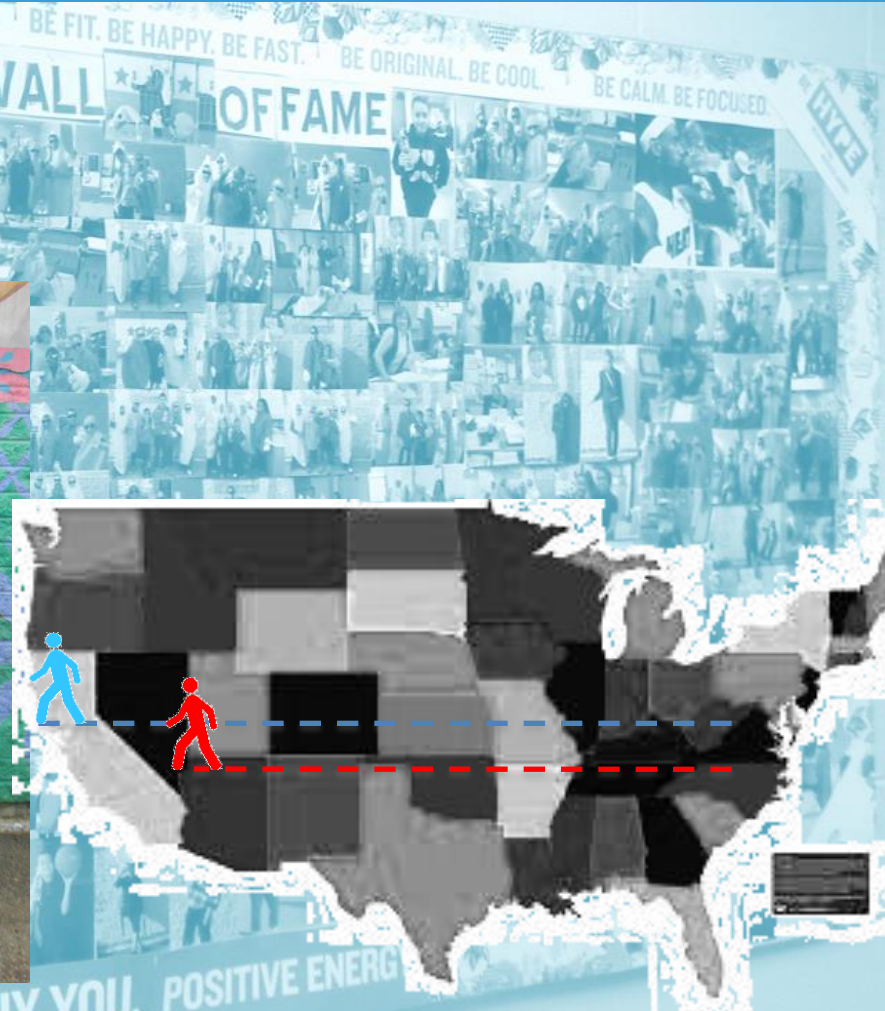


“I will get my school to be better and I will get my school hype.”

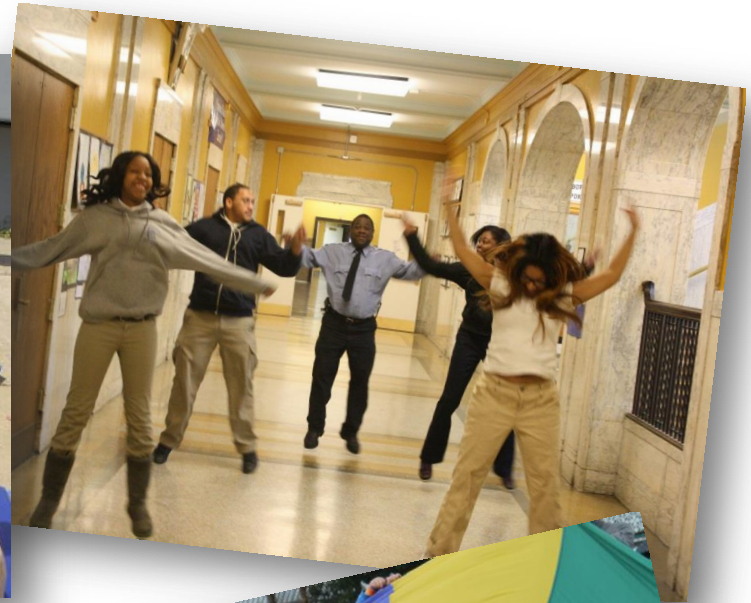


Healthy You. Positive Energy.

MAKE IT HAPPEN. ANYWHERE...

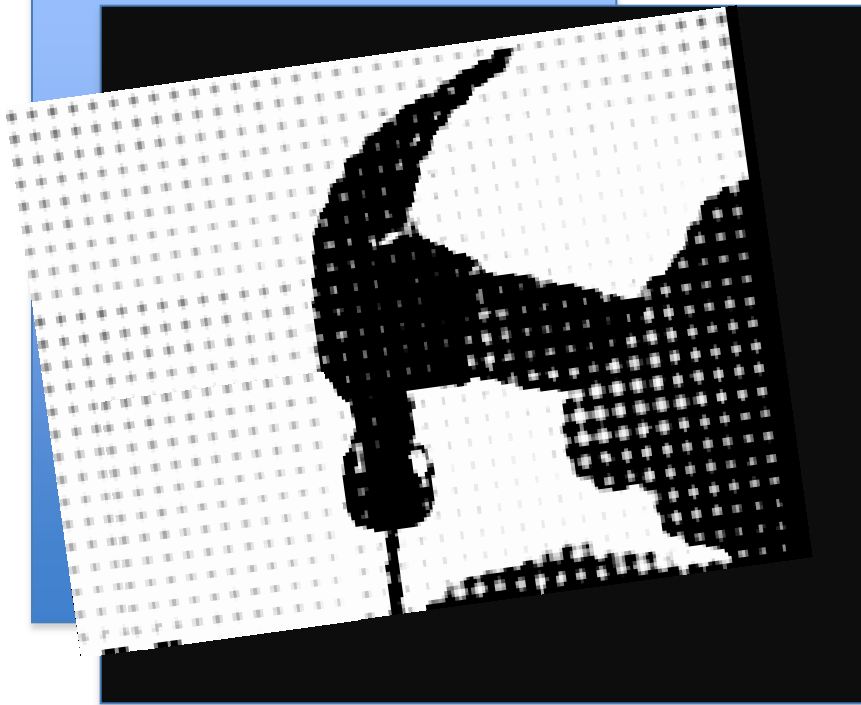


STAFF PICKED WITH STUDENT FLARE



SUCCESS AND SUSTAINABILITY

Build It In



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HYPE

Healthy You. Positive Energy.