

Proprietary School/Youth Nutrition & Balanced Lifestyle Education Campaign

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Balanced lifestyle and lifelong fitness

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Click on the links above and below for nutrition news, fun facts, charts and templates, graphics, program ideas and more tools to help increase your productivity and school cafeteria participation!

Visit our sponsors:

Champion Body Builder | Beat Fatigue | Muscle Mania | Magic Act | Calcium | Iron | Protein | Vitamin A

Feeling The Healing | Fuel Burner | Hard Drive | Body Barometer | Vitamin C | Carotenes | Fats | Sodium

Special Delivery | Break through the clutter when you talk about child nutrition by focusing on body benefits with a little pizzazz!

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STEP UP TO THE PLATE™
Balanced lifestyles and lifelong fitness

It's about you and everything you do!

Take the next step ▶

STEP UP TO THE PLATE™ Innovative tools and programs to enhance

FREE award and professional development awards

FREE web-based tools to build and enhance your leadership program

Be the best you can be with FREE awards!

- Travel, conferences, seminars, conventions, training, subscriptions, signage and more

Present your good practices featuring body benefits with pleasure!

Balance your schedule with 100% C.E.U. CREDITS

Interact with administrators, parents and kids with "My 100% CEU presentation"

Enhance your leadership skills and professionalize to an industry top

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Games & Activities

Activities

- Can you jump as high as a kangaroo? Feel like all you do is stand in line? Ever thought of your muscles as rubber bands? Feeling like a redneck? (Muscle?) Fun Family Time! Try an hour TV Timeout!

It's a Fact

- Are you a man or a mouse? Think you can run fast? Muscle weighs four times as much as fat! Walk with 200 of your best friends!

Games

- Mother May I?
- Can you do the Late Night Limbo?
- Games that need minimal or no equipment

Healthy Bodies

- Balance your diet!
- Exercise is the source of life!

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