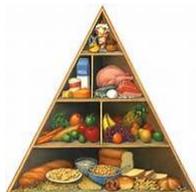


“Parent Quotes”

“Thank you for encouraging my son to eat healthy and exercise. Now when we go to the grocery store he wants me to buy more fruits and vegetables.”

“ I am so grateful that PE is back in my daughter’s school, because it is important that she understands how important it is to eat healthy and exercise”.

“Having to help my son fill out the pedometer and food log has made me more aware of trying to eat healthy and get out and exercise with my son”.



Salud Por Vida, PEP (Physical Education Program) Project is a federally funded program through the educational support services of the Santa Cruz County School Superintendent Of Schools, Alfredo I. Velásquez.



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SALUD POR VIDA

*“Encouraging Youth to Eat
Healthy and Stay Fit For Life”*



www.co.santa-cruz.az.us

Salud Por Vida

Salud Por Vida is a comprehensive program that empowers school champions-P.E. teachers, classroom teachers, principals, administrators, parents-to create active environments that enable all students to get moving, eat healthy and reach their full potential.

Let's work together in helping our students lead active and healthy successful lives.

The "*Salud Por Vida*" project goals are:

- 1- Provide instruction in healthy eating habits and nutrition
- 2- Provide fitness education and assessments so that students will understand, improve, or maintain their physical well-being
- 3- Implement a curriculum that addresses student needs and leads to changed behavior and attitudes with regard to Health and Nutrition.



Participating Partners

School Districts:

- Nogales Unified School District -NUSD# 1
- Patagonia Elementary School District
- Santa Cruz Valley Unified School District #35-SCVSD #35
- Sonoita Elementary School District

Organizations

- Boys & Girls Club of Santa Cruz County
- University of Arizona Cooperative Extension, Mix it Up Nutrition Ed Program
- The University of Arizona Healthy Living Training Center



Program Services

- Staff health coaches at participating sites
- Support for curriculum development state standards
- Professional development on current research-based best practices for Fitness & Nutrition Education.
- Funding for related materials & supplies
- Participation in State & National Conferences
- Before & after school programs
- Summer Youth Leadership Summit
- Development of School Health Advisory Committee

Why Physical and Nutrition Education Matters?

Regular physical activity and a healthy diet help students succeed in school-and in life! Eating healthy and being active for 60 minutes each day has been shown to:

- Increase concentration and focus
- Improve classroom attendance and behavior
- Boost academic performance



"Every child needs a champion-anyone can be that champion."

LEARN MORE VISIT:

Let's Move Active Schools
www.letsmoveschools.org

Fuel Up to Play 60
www.fueluptoplay60.com

Choose My Plate
www.choosemyplate.gov

