



To have healthy schools, we need healthy teachers and school employees. Being active and eating well, both in and out of school, keeps employees energized and reduces stress.

That's why the Alliance for a Healthier Generation and Kaiser Permanente Thriving Schools are pleased to bring you the #Teachers**TAKES** campaign.

Visit [TeachersTake5.org](https://www.teacherstake5.org) to access healthy, fun, 5-minute activities that help teachers and school employees focus on your own health and connect with your colleagues.

You will also have the opportunity to implement the activities into your schools' employee wellness programs by enrolling in Healthier Generation's Healthy Schools Program. Enrollment is free and will give you access to even more activities and resources for staff and students, as well as trainings and technical assistance.

Healthy school employees are happier and more satisfied. Take a moment to **TAKE 5**.

Please email us at help@healthiergeneration.org or give us a call at **(888) 543-4584**
#TEACHERSTAKES | [TEACHERSTAKES.ORG](https://www.teachersake5.org)



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THRIVING SCHOOLS
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THANK YOU TO OUR #TEACHERSTAKES PARTNERS

A World Fit For Kids!

American Council on Exercise

American Federation of Teachers

American Heart Association

Beach Cities Health District

BOKS Kids

California Local School Wellness Policy Collaborative

California AfterSchool Network

California Association for Health, Physical Education, Recreation and Dance (CAHPERD)

California Department of Public Health

ChangeLab Solutions

CHIP-Lemon Grove HEAL Zone

Chula Vista Elementary School District

Colorado Association of Health and Physical Education

Colorado Department of Public Health and Environment

The Colorado Education Initiative

Colorado Parks & Recreation Association

Common Threads

Community Partners

Dairy Council of California

Georgia Association for Health, Physical Education, Recreation, and Dance

Georgia Department of Education

Georgia Shape

HAPERD - Hawai'i Association for Health, Physical Education, Recreation and Dance

Healthy & Livable Pittsburg Collaborative

Leveling the Playing Field, Inc.

LiveWell Colorado

Los Angeles County Office of Education

Marathon Kids

My School in Motion!

National Association of School Nurses

National Fitness Foundation

Nutrition Services Division, California Department of Education

OEA Choice Trust

Orange County Department of Education

Orange County United Way

Oregon Dairy and Nutrition Council

Oregon Department of Education

Oregon Education Association

Oregon PTA

Palmdale School District

Pasadena USD

RMC Health

Safe Routes to School National Partnership

San Bernardino County Superintendent of Schools

San Bernardino Department of Public Health- Nutrition Program

San Diego County Office of Education

School Nurse Organization of Washington

SHAPE Washington

Southeast United Dairy Industry Association, Inc.

Sportime featuring SPARK

Strong4Life

The Hope Heart Institute

The L.A. Trust for Children's Health

The Office of the State Superintendent of Education

The Virginia Association for Health Physical Education Recreation and Dance

U.S. Tennis Association, Hawaii Pacific Section

UCSD Center for Community Health

Vocab-T

Wellness Training Specialists

Woodburn School District

YMCA of Silicon Valley

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