

Raising an Active and Healthy Generation

Resources that parents, educators, and health care providers – influencers at all levels – can add to their toolkits to encourage physical activity in youth:

Individual

- Exercise is Medicine®, available from: <https://www.exerciseismedicine.org/>
- LiVeWell from Intermountain Healthcare, available from: <https://intermountainhealthcare.org/ext/Dcmnt?ncid=520289677>

Family and Home (Interpersonal)

- Healthy Family Home from the YMCA, available from: <http://www.ymca.net/healthy-family-home/>
- Let's Move Active Families, available from: <https://letsmove.obamawhitehouse.archives.gov/>

School (Institutional)

- CATCH and SPARK from NHLBI, available from: <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/curricula-toolkits.htm#spark3>
- BOKS, available from: www.bokskids.org
- Comprehensive School Physical Activity Program (CSPAP), available from <https://www.cdc.gov/healthyschools/physicalactivity/index.htm>

Afterschool/Summer Programs (Community)

- YMCA's Healthy Eating and Physical Activity Standards, available from: <http://www.ymca.net/hepa>
- Aspen Institute's Project Play initiative, available from: <http://youthreport.projectplay.us/>
- Safe Routes to School programs, available from: <http://saferoutespartnership.org>
- The City Project, available from: <https://www.cityprojectca.org/>
- Latino Health Access, available from: <https://www.latinohalthaccess.org/park-community-center/>

Media and Policies (Societal)

- Title IX and ADA, available from: <https://www.dol.gov/oasam/regs/statutes/titleix.htm>; <https://www.ada.gov/>
- CDC's VERB campaign, available from https://www.cdc.gov/pcd/issues/2004/jul/04_0043.htm
- President's Council on Sports, Fitness, & Nutrition, available from: <https://www.hhs.gov/fitness/index.html>



Resources highlighted in the Exercise and Sport Sciences Reviews article, "Raising an Active and Healthy Generation: A Comprehensive Public Health Initiative" (https://journals.lww.com/acsm-essr/Fulltext/2019/01000/Raising_an_Active_and_Healthy_Generation__A.3.aspx).