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/

**Family and Home (Interpersonal)**
- Healthy Family Home from the YMCA, available from: http://www.ymca.net/healthy-family-home/

**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)**
- 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/

**Media and Policies (Societal)**