

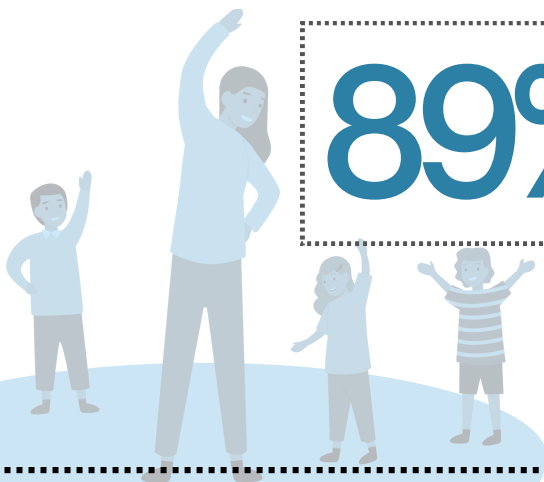


POWERMOVES!

PowerMoves!

Get Active Eat Better Do Better!

To respond to the prevalence of childhood obesity, our physical activity and nutrition programming addresses complex issues that stem from food insecurity, poor nutrition, physical inactivity, and unhealthy eating habits.



89%

of students reported eating more fruits and vegetables.

79%

of students reported they will continue to eat more fruits and vegetables

PowerMoves! improves the nutrition and physical activity of elementary school students, helping to lay a solid foundation for a healthy adolescence.

Since 2016, PowerMoves! has served nearly **8,000** students with the Plant, Grow & Learn curriculum, Partnered with **7 elementary schools**, and Built **56 community gardens!**

Working with schools and health-focused organization, the program includes building community gardens in food deserts, partnering in community-wide fitness events, conducting cooking demonstrations for parents, and implementing GCAPP's Plant, Grow & Learn curriculum which integrates health, nutrition, science, and hands-on gardening experiences.

PowerMoves! also pilots an active seating project, providing partnering elementary classrooms flexible seating options such as standing desks, desks with pedals, and stability desks.



PowerMoves! 2.0

- Digital Health Education Resources for Parents, Teachers, and Youth
- Training for Teachers
- *When Kids Eat Better, They Do Better* Toolkit

For more information visit gcapp.org