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