

Introducing

Kaiser Permanente Thriving Schools – a new way to help your children thrive



Find out what you can do to make your child's school a healthier place

You already do everything you can to keep your child healthy. Thriving Schools wants to help – by working with dedicated partners like the PTA to nurture schools as “the heart of health.” Go to the Thriving Schools website to learn how you can help your child and other students by:

- ▶ Making healthier foods more available on campus.
- ▶ Encouraging them to be more active.
- ▶ Signing up with **Fire Up Your Feet**, promoted by the National PTA. Fire Up Your Feet is a program that encourages parents, families, students, and schools to create more active lifestyles that foster good

health. The program provides a full range of free, age-appropriate resources and educational materials to encourage physical activity going to, coming from, and at school, with simple ways to track activity, earn awards, and raise funds in a healthy way.

You'll also see what other parents and families have done to get involved – like starting walking clubs and physical activity programs.

Get involved

Get started today at kp.org/thrivingschools.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000

- Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852
- Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

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