



To have healthy schools, we need healthy teachers and school employees. Being active and eating well, both in and out of school, keeps employees energized and reduces stress.

That's why the Alliance for a Healthier Generation and Kaiser Permanente Thriving Schools are pleased to bring you the #Teachers**TAKES** campaign.

Visit [TeachersTake5.org](https://www.teacherstake5.org) to access healthy, fun, 5-minute activities that help teachers and school employees focus on your own health and connect with your colleagues.

You will also have the opportunity to implement the activities into your schools' employee wellness programs by enrolling in Healthier Generation's Healthy Schools Program. Enrollment is free and will give you access to even more activities and resources for staff and students, as well as trainings and technical assistance.

Healthy school employees are happier and more satisfied. Take a moment to **TAKE 5**.

Please email us at help@healthiergeneration.org or give us a call at **(888) 543-4584**
#TEACHERSTAKES | [TEACHERSTAKES.ORG](https://www.teachersake5.org)



Kaiser Permanente logo: **Kaiser Permanente.**

THRIVING SCHOOLS
a partnership for healthy students, staff & teachers

THANK YOU TO OUR #TEACHERSTAKE5 PARTNERS

A World Fit For Kids!
American Council on Exercise
American Federation of Teachers
American Heart Association
Beach Cities Health District
BOKS Kids
California Local School Wellness Policy Collaborative
California AfterSchool Network
California Association for Health, Physical Education, Recreation and Dance (CAHPERD)
California Department of Public Health
ChangeLab Solutions
CHIP-Lemon Grove HEAL Zone
Chula Vista Elementary School District
Colorado Association of Health and Physical Education
Colorado Department of Public Health and Environment
The Colorado Education Initiative
Colorado Parks & Recreation Association
Common Threads
Community Partners
Dairy Council of California
Georgia Association for Health, Physical Education, Recreation, and Dance
Georgia Department of Education
Georgia Shape
HAHPERD - Hawai'i Association for Health, Physical Education, Recreation and Dance
Healthy & Livable Pittsburg Collaborative
Leveling the Playing Field, Inc.
LiveWell Colorado
Los Angeles County Office of Education
Marathon Kids
My School in Motion!
National Association of School Nurses
National Fitness Foundation
Nutrition Services Division, California Department of Education
OEA Choice Trust
Orange County Department of Education
Orange County United Way
Oregon Dairy and Nutrition Council
Oregon Department of Education
Oregon Education Association
Oregon PTA
Palmdale School District
Pasadena USD
RMC Health
Safe Routes to School National Partnership
San Bernardino County Superintendent of Schools
San Bernardino Department of Public Health- Nutrition Program
San Diego County Office of Education
School Nurse Organization of Washington
SHAPE Washington
Southeast United Dairy Industry Association, Inc.
Sportime featuring SPARK
Strong4Life
The Hope Heart Institute
The L.A. Trust for Children's Health
The Office of the State Superintendent of Education
The Virginia Association for Health Physical Education Recreation and Dance
U.S. Tennis Association, Hawaii Pacific Section
UCSD Center for Community Health
Vocab-T
Wellness Training Specialists
Woodburn School District
YMCA of Silicon Valley

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