



BOYS & GIRLS CLUBS
OF SPRINGFIELD

TAKING HEALTHY LIFESTYLES TO THE NEXT LEVEL AT THE SERTOMA UNIT

Below are some ideas, developed by Sertoma Unit staff members, to ensure we are promoting Healthy Lifestyles at the Club on a regular basis.

ENCOURAGING GOOD HYGIENE:

Make a Hand Washing How-To sign for member restrooms.

Have discussions with members about how you practiced good hygiene as a kiddo!

Make hygiene kits for each program area.

Have all members use germ-x before eating meals.

Have all areas participate in oral hygiene after lunch, with the help of tooth truck professionals.

ENCOURAGING PHYSICAL ACTIVITY:

Lead by example...Be always participating WITH members, when leading activities.

Use excitement and enthusiasm to encourage more member participation.

In low-activity areas, take active breaks where members get up and do different activities and work outs...Brain Breaks.

Use small active games for lining up/transitions.

Play large group games on playground...encourage active, large group participation.

ENCOURAGE HEALTHY DIET:

When using drink stand, incorporate healthier options for sell. Some ideas mentioned, flavored waters, smoothies, juices.

Run Healthy Habits and add additional relevant activities.

Buy healthier/lower sugar options for OFH snacks.

Utilize salad bar twice a month during meal times.

Use garden to get kids interested in trying new fruits and veggies.

MODEL GOOD EXAMPLES:

Staff sit down and eat provided at snack with kids...encourage kids to try their fruits and veggies.

Carry water bottles always.

Look presentable! Present your best self!

If staff eat food while at work, making sure it's healthy! Model healthy eating while at work.

Brush teeth with kids in brushing program.

Talk about the exercise you do yourself.

Be a big kid!!!

Bring members who are drifting back into activities by using them as helpers and leaders.

Tell kids about your fitness goals.

PROVIDE RESOURCES FOR FAMILIES:

Continue to utilize Burrell for family needs.

Host a family care day.

Use farmers market stand weekly for fresh produce distribution, recipe cards, and concern box.

Invite families to join BGC Springfield Facebook page.

Provide resources for community assistance agencies like W.I.C., Health Department, etc.

Handouts to remind parents of good health practices, like trips to the dentist for example.

Make a member recipe book, as a fundraiser.