



MAKING IT HAPPEN!

**SCHOOL NUTRITION
SUCCESS STORIES**





Because increasing personal fitness and becoming healthier is critical to achieving a better and longer life, President George W. Bush established the *HealthierUS* initiative. The initiative is designed to help Americans, especially children, improve their overall health by making small adjustments and improvements in the activities of daily life. The President's *HealthierUS* initiative encourages all Americans to:

- Be physically active every day;
- Eat a nutritious diet;
- Get preventive screenings; and
- Make healthy choices.

For more information on *HealthierUS*, go to www.healthierus.gov.

To support the President's *HealthierUS* initiative, the United States Departments of Agriculture, Health and Human Services, and Education officially agreed to work together to encourage all youth to adopt healthy eating and physical activity behaviors in order to curb the increasing rate of overweight, particularly in children and youth, as well as promote better health status to improve educational attainment.

Making It Happen! supports the President's *HealthierUS* initiative and efforts to help children and youth adopt healthy behaviors. It was developed by:



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Division of Adolescent and School Health

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U.S. Department of Health and Human Services
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U.S. Department of Education