

# HEALTHY LIVING

## Up For the Challenge Program



WANTS TO EDUCATE AND EMPOWER YOUR YOUTH IN...

### NUTRITION

Youth will learn about MyPlate, daily food group recommendations, plant vs. animal protein, sugar content in beverages and more!



### FITNESS

Youth will experience exciting ways to incorporate physical activity into their lifestyle through cardio, strength and flexibility activities!



### WELLNESS

Our focus is on a holistic and wholesome view of health and wellness for youth to start building healthy habits and behaviors now!



Our FREE program provides trained educators to your location for 4-6 hours of interactive lessons and activities around food and fitness! We are a statewide program. To book for this school year please contact Breanna Banks at [bbanks@udel.edu](mailto:bbanks@udel.edu)