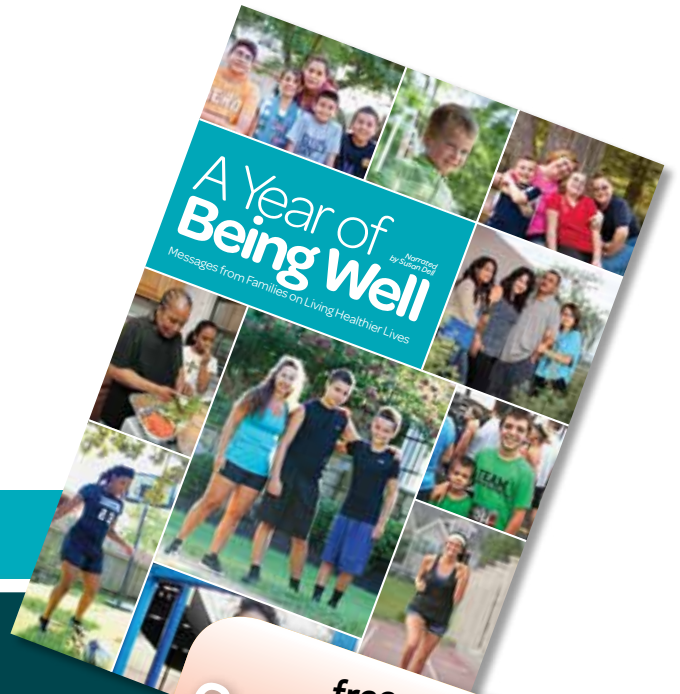


A Year of Being Well

Messages from Families
on Living Healthier Lives



One Step a Month for Your Family

Looking for simple ways to make healthy changes in your family? *A Year of Being Well: Messages from Families on Living Healthier Lives* is an easy-to-follow, 13-month quick-start action guide that features the stories of 20 families who are creatively finding ways to live healthier lives, and fight childhood obesity in their homes, schools and communities.

Order your **free** copy of *A Year of Being Well* today (or download the digital version) from the Michael & Susan Dell Foundation and the Alliance for a Healthier Generation.

It's not about fitting your family into a mold. There's no one-size-fits-all plan for you to follow. It's about knowing your family, accessing your environment, and deciding to live better.

free
Get the Book!

 www.BeWellBook.org

“The Alliance’s Healthy Out-of-School Time Framework combines science and action into a great package that will help kids develop into healthy, happy, caring adults. One of the most important things we can do is help youth make healthy choices for themselves and their communities.” —JEAN WIECHA, Adjunct Associate Professor of Exercise and Health Sciences, University of Massachusetts, Boston

Out-of-school time providers (afterschool programs, community centers, faith-based organizations, summer camps, parks & recreation facilities, etc.) are poised to create environments for young people where healthy eating and physical activity options are accessible and encouraged. They play an essential role in empowering youth to make healthy choices and become leaders and advocates for healthy changes.

Building Healthier Out-of-School Time Environments

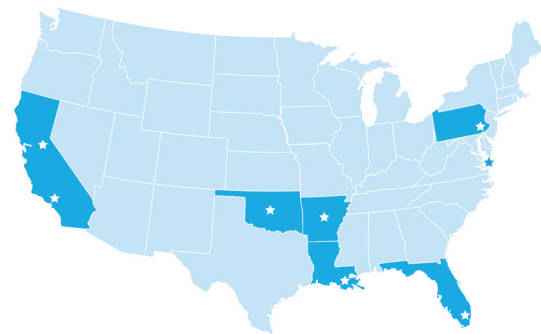
The Alliance for a Healthier Generation is committed to supporting out-of-school time providers in their efforts to create healthier conditions. By following the Alliance’s Healthy Out-of-School Time (HOST) Framework, organizations are able to:

- improve access to healthier foods
- increase physical activity opportunities
- engage in positive youth development

The Alliance’s HOST Framework helps out-of-school time sites achieve recently created National AfterSchool Association Standards for Healthy Eating and Physical Activity (HEPA) by implementing a continuous quality improvement process. The Framework integrates principles of positive youth development that emphasize the importance of youth engagement, youth voice and youth-adult partnerships to positively affect health outcomes in school age youth.

Supporting Communities Across the Country

The Alliance became one of the first national organizations to not only disseminate the HEPA Standards, but also provide implementation technical assistance to out-of-school time sites through our Framework and associated tools and resources.



During 2012-2013 we are providing direct support to sites in eight communities:

1. Philadelphia, PA
2. Little Rock, AR
3. Los Angeles County, CA
4. Miami-Dade County, FL
5. New Orleans, LA
6. Oklahoma City, OK
7. Sacramento County, CA
8. Washington, DC Metro Area

Over 100 out-of-school time sites across the country in these places are making healthy changes that impact almost 15,000 youth.