

# 4 UR Health

## PROGRAM OVERVIEW

### CHEC-In Activities

#### Core curriculum:

- Nutrition
- Physical Activity
- Body Image

### CHEC-Out Activities

CHEC-In Activities prepare your students to learn by assessing their current knowledge and attitudes towards nutrition, physical activity, and body image.

The core curriculum presents accurate, up-to-date information using a variety of instructional methods to engage your students. The CHEC-Out activities allow students to re-assess what they've learned, as well as measure how their attitudes have changed.

## WELCOME!

**C**hildren's Health Education Center (CHEC) has developed a fun, interactive educational program for your students that fulfills National Health Education requirements. The program can be used as a complete solution to your wellness needs, or it can be used as a supplement to your current curriculum. Meet Zach, Sarah, TJ and the rest of the gang as they learn about three important aspects of wellness: nutrition, physical activity, and body image.

# 4 UR Health Program Curriculum

