



High School Resource Manual

Resource Guide Highlights

- o What is *in motion*? Research supporting why youth need to be more physically active and what it means to be a high school that promotes physical activity.
- o Effective communication methods to promote physical activity in a high school setting.
- o Exploring new opportunities or supporting existing opportunities for high school students to be physically active. Options, ideas, and resources that can help to mobilize the students within a high school to be more physically active.
- o Creating a student leadership team to enhance the capacity to affect change within the high school environment and among peers.
- o Healthy Eating is a key component of the *in motion* high school initiative. Resources that include healthy eating tips, promoting healthy weights and what schools can do to promote healthy eating.
- o Ready to use communication tools and resources. Weekly physical activity and healthy eating announcements, physical activity messaging and information sheets.
- o Ready to use resources to provide opportunities and incentives for students to be physically active. Resources for starting a walk/jog club and enhancing motivation with physical activity challenges.
- o Ready to use tools to help assess student needs, inventory physical activity opportunities and to evaluate the success of your initiative.

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Resource Guide Table of Contents

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- What is *in motion*?
- What is an *in motion* high school?
- Becoming an *in motion* high school
- Using this resource

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- School Newspapers
- School Calendars
- Posters
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Section 2: Supporting Physical Activity Opportunities

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- *In motion* Walk/Jog Club
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- Intramural Recreation
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- Healthy Eating Supports Healthy Growth and Development
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