

Up for the Challenge: Lifetime Fitness, Healthy Decisions

Up for the Challenge: Lifetime Fitness, Healthy Decisions / is a fitness, nutrition and health curriculum for school-aged, middle school and teen youth. It was written for military afterschool programs but is easily adaptable to any afterschool or 4-H club setting. The 290-page curriculum is divided into five chapters with each chapter containing multiple lessons in physical activity, nutrition and healthy decision making. Lessons range in scope and length from 30-60 minute nutrition and/or physical activities to a multi-week wellness event. Each lesson provides expected youth outcomes, instructor essential information, preparation instructions, supplies, lesson time, handouts and opportunities for reflection.

After you submit your contact information, you will be directed to a page with a link to the publication. Complete your **contact information** now!

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