



Sponsored by **Action for Healthy Kids** and  
**National Football League**

## **What is ReCharge!?**

**ReCharge!** is a new after-school program designed to help students in grades 3-6 learn about and practice good nutrition and physical activity habits through fun, team-based strategies. It focuses on four core-concepts: “Energy In” (nutrition), “Energy Out” (physical activity), Teamwork and Goal-setting. **ReCharge!** is brought to after-school programs across the country by **Action for Healthy Kids** and the **National Football League**, two organizations that are committed to developing the long-term health and wellness of our nation’s children.

## **What are the program’s goals and objectives?**

**ReCharge!** is designed to empower students to increase their knowledge and practice of good nutrition and physical activity habits through a series of interactive team-based activities. By participating in **ReCharge!**, students will:

- Learn how and why to eat healthy and be physically active – and believe in the benefits of these healthy behaviors
- Practice healthy habits – by eating healthy snacks and engaging in physical activity in their after-school program
- Develop transferable life skills – including teamwork, goal-setting, healthy eating and physical activity – that they can apply outside the after-school environment

## **Why is ReCharge! needed?**

Overweight and obesity in children – and related health problems – are dramatically on the rise. Yet many children are undernourished. This epidemic is compromising the long-term health and achievement of many students. **ReCharge!** educates students – and gets them up and moving – while they learn to make healthy choices about their own nutrition and physical activity habits. The core concepts students learn and practice in **ReCharge!** also make it a valuable resource to help schools address and meet School Wellness policy and practices, as required by the federal government.



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## How was ReCharge! developed?

**ReCharge!** was developed by content and after-school experts with guidance from a panel representing more than 25 leading education, health, nutrition, fitness and after-school organizations and government agencies. The program addresses national standards for health education, physical activity and parent involvement; best-practice criteria for school-based nutrition and physical activity programs; and the 2005 Dietary Guidelines from the U.S. Department of Agriculture and the U.S. Health and Human Services Department. Before being released to the public, **ReCharge!** underwent a rigorous review process and was piloted in after-school programs in 16 school districts around the country.

## What's unique about ReCharge!?

**ReCharge!** is designed to be practical, feasible and adaptable to a variety of settings and after-school program types. The **ReCharge!** kit provides instructors with background information, instructions for 29 up-out-of-your-seat activities, and adaptations to meet the needs and skills of their students. Ancillary materials – including a poster, NFL youth footballs, NFL player cards and an introductory DVD program – add excitement and interest. Students build a personalized Student Playbook, track their own healthy choices with an “Energy In-Energy Out” Tracker and celebrate their success at a culminating **ReCharge! Field Day**. The **ReCharge!** Home Field Advantage family outreach component extends the lessons to those at home, encouraging a family approach to healthy nutrition and physical activity choices.

## How does ReCharge! help after-school programs serve and fund healthy snacks?

Children’s growing bodies and curious minds need nutritious food between lunch and dinner to get through the afternoon and to thrive. **ReCharge!** provides after-school staff and school nutrition departments with background information on serving and funding healthy snacks – including USDA snack funding program information, case studies of several after-school snack programs, sample menu ideas and healthy snack recipes.

## How do I learn more about ReCharge!?

For information about **ReCharge!**, go to [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).

The NFL Youth Football logo features the NFL shield and the text "YOUTH FOOTBALL". To the right, the text reads "Dream Big. Play Big. Visit NFLyouthfootball.com and discover the ways you can be a part of something big."

Action for Healthy Kids (AFHK) is the only non-profit organization specifically formed to address the problem of overweight, undernourished and sedentary youth by focusing on changes in schools. This private-public partnership is composed of 50 national organizations and government agencies; all supporting the efforts of 51 grassroots State Teams. To learn more, visit [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).