Welcome to the 2022-23 school year!

Getting into the back to school routine. We hope you and your family are getting ready for the school year. Our staff is getting ready, too! We are excited to continue serving our communities and families and growing our team.

September 2022

Healty Kids Connection is a monthly source of news, healthy tips and programs for school families.

September is National Fruits and Veggies Month

The Healthy Kids Summer Challenge has launched! If you participated in the Challenge last year, you know how rewarding and fun it can be! It culminates with a celebratory 2 mile run on Nov. 5. Bstrong Bfit 22 offers many more programs and services for your kids. Join your school’s PTA/PTO and ask about volunteer opportunities in the school community and your local community. Bstrong Bfit 22 is a biannual source of news, healthy tips and programs for school families.

Healthy Kids Program Updates

UCHealth Healthy Kids Run Series

The 23rd annual UCHealth Healthy Kids Run Series concluded with the Valley 5000 on Sept. 11. A big congratulations to all of our Summer Challenge families who were more active, had less screen time and practiced the 5210+ healthy habits. It culminates with a celebratory 2 mile run on Nov. 5. Bstrong Bfit 22 offers many more programs and services for your kids. Join your school’s PTA/PTO and ask about volunteer opportunities in the school community and your local community.

UCHealth Healthy Kids Run Series will be handed out on Saturday, Sept. 24 at UCHealth Downtown on the UCHealth Run Series tent located at the corner of Fourth and Taft Streets. Students who submit the entry form will receive an email reminder earlier this week regarding the pickup date.

The Run Series will be held at the University of Colorado Health’s Sports Park on Sept. 24, between 10 a.m. and noon. A Bstrong Bfit 22 logo connotes to all of our Summer Challenge families who were more active, had less screen time and practiced the 5210+ healthy habits.

It is never too early to start working on the 5210+ healthy habits. The Healthy Kids Run Series will focus on just a couple of healthy habits leading up to the September 24 event.

UCHealth Healthy Kids Connection will focus on just a couple of healthy habits leading up to the September 24 event.

Healthy Kids Summer Challenge 2022

It starts today! The Healthy Kids Summer Challenge has launched! If you participated in the Challenge last year, you know how rewarding and fun it can be! It culminates with a celebratory 2 mile run on Nov. 5. Bstrong Bfit 22 offers many more programs and services for your kids. Join your school’s PTA/PTO and ask about volunteer opportunities in the school community and your local community.

Reach out to your kids’ teachers.

Attending back to school night, reaching out to your kids’ teachers, and volunteering are key ways to communicate with the teacher.

Commit to volunteering.

A parent-teacher conference is just a quick phone call away. Parents who call the teacher can get to know the teacher, build a connection, and learn about their child’s progress.

UCHealth Healthy Kids Run Series

Run Series concluded with the Valley 5000 on Sept. 11. A big congratulations to all of our Summer Challenge families who were more active, had less screen time and practiced the 5210+ healthy habits.

Bstrong Bfit

Bfitting on a run after school running and exercise.

Prizes for the 2022 Series will be handed out on Saturday, Sept. 24 at UCHealth Downtown on the UCHealth Run Series tent located at the corner of Fourth and Taft Streets. Prizes will be awarded to students who submit the entry form.

Visitors are invited to participate in the UCHealth Healthy Kids Run Series.

We will be offering a kids area with kicking materials.

Here are a few of the reasons to turn off the screens every day.

Here are a few strategies for setting screen limits for your family

It makes a family feel more connected.

It encourages connections with peers and adults.

Emphasizes social emotional wellness.

Encourages connections with parents and adults.

Here are some easy tips and tricks to getting your 5 by adding fruits and veggies to every meal and snack.

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Healthy Kids and Healthy Hearts have joined together to become Healthy Kids and Healthy Minds.

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HealthyKids@uchealth.org

Click here for a one minute microwave egg and veggie bowl.

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Click on the image for an easy, delicious and healthy recipe for a one minute microwave egg and veggie bowl.

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Join Healthy Hearts and Minds (HHM)

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