

**UCHealth Healthy Kids Connection** is a bi-monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.



## Earth Day is April 22. Let's "Invest in Our Planet!"

The theme of this year's Earth Day is Invest in Our Planet. We love that we can celebrate Earth Day with 5210+ because eating 5 delicious servings of healthy fruits and vegetables is a healthy habit that is good for us and good for our earth.



Additionally, getting our 1 hour of physical activity and drinking water (0 sugary drinks) requires clean air and clean water - other amazing reasons for taking care of our Earth. Read on for some fun activities to celebrate Earth Day and spring. For more Earth Day inspiration, click [here](#).

## Healthy Kids Program Updates



And that's a wrap! The 2023 5210+ Challenge ended Feb. 28.

- This year we had 129 schools in northern Colorado participate. We will announce school winners in May.
- Students and Staff-if you got your 80 or more checks, you earned a T-shirt! We will deliver T-shirts to schools by mid-May.
- We hope you had fun learning and practicing the 5210+ healthy habits!



- The 5210+ Challenge was featured on CBS News. Watch the [video](#).

**Please take the 5210+ Challenge survey.** Your honest advice will help us understand if the 5210+ Challenge is a valuable program and learn ways to improve it. Click here <https://redcap.link/2023challengesurvey>

## 2023 Summer Programs!

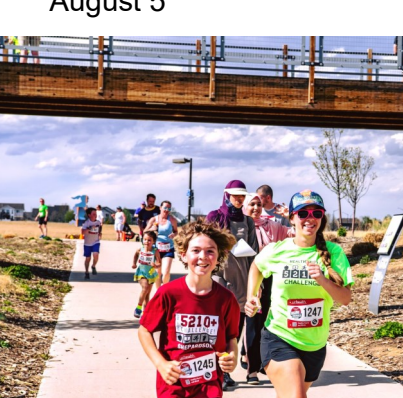
### Healthy Kids Run Series

The UCHealth Healthy Kids Run Series starts in May. This year, the series features 3 in-person runs and 5 on-your-own runs.



#### In-person runs

1. **Run for the Trees**  
May 6, Mehaffey Park, Loveland, CO.
2. **New this year! Track night at Loveland High School**  
June 13, Loveland High School track, Loveland CO
3. **Promontory Park, Greeley, CO**  
August 5



#### On-your-own courses:

4. **May** – Fossil Creek Park, Fort Collins
5. **June** – Twin Silo Park, Fort Collins
6. **July** – Twin Rivers Community Park (Fun Plex), Greeley
7. **August** – Chapungu Sculpture Park at Centerra, Loveland
8. **Plus** – A one-mile run of your choice any time during the summer.

#### Prizes for the 2023 series:

All registered participants ages 5+ will receive a UCHealth Healthy Kids Run Series bib and earn a t-shirt for completing four or more runs. Registered kids ages 5-12 that complete five or more runs will also earn a medal!

[Click here to register](#)

## Healthy Kids Summer Challenge

The Healthy Kids Summer Challenge will be similar to last year with a family fun checklist and in-person swim nights. Details will be emailed next month.



## Earth Day activities

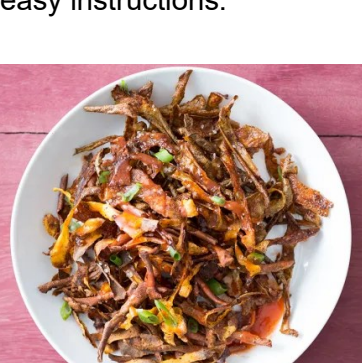
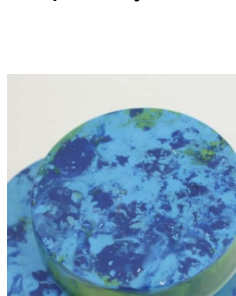
### Things you can do to Invest in Our Planet

- Turn off electronic equipment like lights, TVs, etc. when you are not using it.
- If possible avoid using lights during day time - instead try to use natural energy resources.
- Make a habit of turning off the water taps while brushing your teeth and also after washing your hands.
- Recycle items such as paper, plastic, cardboard, etc.
- Sharing is caring! You can share those items that you are not going to use further. It will help to reduce unwanted waste accumulation.
- Fix leaky faucets and choose a shower over a bath.
- Buy local (local products consumption will reduce carbon footprint by minimal transport requirements).
- Minimize plastic carry bags by keeping a cloth bag handy, for any store, not just grocery stores.



### Earth Day craft

Do you have loads of small pieces of crayon laying around. Don't throw them away, recycle them! Click on the image for easy instructions.



### Cut down on food waste with this easy recipe

Don't throw out carrot peels, onion tops and celery leaves. Use them to create a flavorful veggie broth, or give potato peels new purpose as an irresistible snack. Transform your "trash" into this yummy, crispy recipe. Click on the image to see the recipe.

## Healthy Hearts and Minds

Healthy Hearts and Minds has been improving the health of our communities for over 30 years. Check out the numbers so far this school year (2022-2023).



- Over 100 schools and over 500 classrooms have participated in Healthy Hearts and Minds education and screenings (10,155 students educated, 4,935 students screened).
- Over 21,500 students and staff in 129 schools participated in the 2023 Healthy Kids 5210+ Challenge (18,827 Students, 2,880 Staff).
- Over 7,300 students have been educated in hands-only CPR.
- 63 families with 221 family members have participated in the Family Program.

Healthy Kids and Healthy Hearts have joined together to become **Healthy Hearts and Minds**. This dynamic partnership combines over 30 years of outreach and preventative education, providing year-round programming to promote healthy lifestyles. We are excited to continue serving our communities and growing our team.

Healthy Kids Connection is distributed bi-monthly to Elementary Office Managers, PE teachers and Healthy Kids mailing list. For more information: [healthykids@uhealth.org](mailto:healthykids@uhealth.org)

Email [healthykids@uhealth.org](mailto:healthykids@uhealth.org) with your name and email address to be added to the Healthy Kids Mailing List.

[www.healthykidsclub.org](http://www.healthykidsclub.org)

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