Healthy Kids, Healthy Start!

Promotes physical activity, nutrition and healthy habits.

Healthy Kids Connection is distributed bi-monthly to Elementary Office Managers, PE teachers, and support these awesome students. Click here to read more about the spring session that started in February with 11 schools registered! The Run Series started in May.

Click here for more information and to register.

BsmartFit is a free program sponsored by Healthy Hearts and Minds and Healthy Kids Club. At the end of eight weeks, kids who complete at least five runs will receive a cool BstrongFit shirt with their name and email address to be added to Aims Community College's database of screened students.

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