

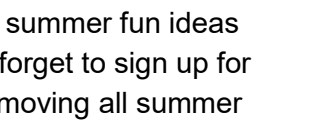
UCHealth Healthy Kids Connection is a bi-monthly source of news, resources and education to help keep northern Colorado families and schools healthy and connected.

Get ready for Summer!

We are truly fortunate to call Colorado home, surrounded by beautiful mountains, plains, rivers, and lakes. Embracing the great outdoors is one of the many perks of living here, and research highlights the significant benefits of nature for our physical and emotional well-being.



Engaging in activities like hiking, swimming in outdoor pools, playing in sprinklers and biking not only makes for an enjoyable hour of daily exercise, but also promotes a restful night's sleep. Outdoor play boosts fitness levels and fosters healthy, active bodies.



Children's stress levels decrease within minutes of being in green spaces. Regular exposure to bright natural light helps kids stay alert during the day, lifts their spirits, and improves their sleep at night.

This edition of Healthy Kids Connection is packed with summer fun ideas and links to local activities in northern Colorado. Don't forget to sign up for the 2025 Healthy Kids Run Series to keep your family moving all summer long.

Summer food programs

Check out the **FREE** summer food programs for school age kids.

Fort Collins

[Poudre School District](#)

Loveland

[Thompson School District](#)

Larimer County

[Lunch Lab](#)

Greeley and Weld County

[Greeley Evans School District](#)

[Weld Food Bank](#)

Longmont

[St. Vrain Valley School District](#)

State of Colorado

[Summer EBT](#)

Free summer activities in northern Colorado and beyond

Check out this fun checklist "[100 Things to do before you're 12](#)" available in English and Spanish from Generation Wild.

Fort Collins Natural Areas— Many fun and free programs to connect youth to nature. Click [here](#).

[Free Scavenger Hunts](#)

Environmental Education Programs in Loveland. Click [here](#).

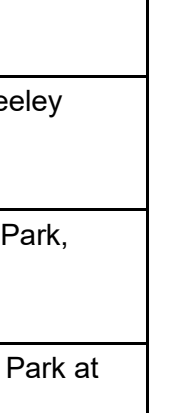
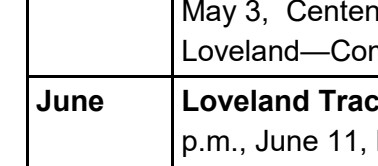
Healthy Hearts and Minds Program Updates


2025 Healthy Kids Run Series

The Healthy Kids Run Series is in full gear! This **FREE** family-friendly program features nine runs, including four in-person runs and five on-your-own runs, all taking place at local parks and schools throughout northern Colorado.

Registered kids ages 5-12 that complete five or more runs throughout the summer will earn a medal. PLUS, participants have the chance to get a free Run Series T-shirt at our in-person events (while supplies last) .

Registration is open! Click [here](#) for more information including course maps and registration link.



 HEALTHY KIDS RUN SERIES 2025	In-Person Runs (One-Mile Fun Run):	On-Your-Own Courses (One-mile):
May	Run for the Trees , 11 a.m., May 3, Centennial Park, Loveland—Completed	Fossil Creek Park, Fort Collins
June	Loveland Track Night , 6-7 p.m., June 11, Loveland High School Track, Loveland	Bittersweet Park, Greeley
July	Severance Track Night , 6-7 p.m., July 16, Severance High School Track, Severance	Timnath Community Park, Timnath
August	Aim for the Stars , 9:30 a.m., Aug. 16 at Aims Community College, Greeley	Chapungu Sculpture Park at Centerra, Loveland
Any summer month		Do a one-mile fun run at a park of your choosing.

BstrongBfit

BstrongBfit (BSBF) is a free program sponsored by Healthy Hearts and Minds and includes eight weeks of interactive lessons, teamwork, empowerment activities and running. The program is offered to interested schools each fall and spring and is led by dedicated school-based coaches/educators. At the end of eight weeks, there is a culminating 2-mile run for all coaches and participants. Click [here](#) to read more about the benefits of the program.

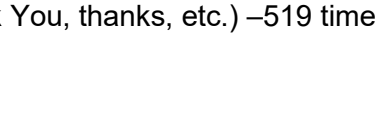


The BstrongBfit program:

- Promotes physical activity, nutrition and healthy habits.
- Emphasizes social emotional wellness.
- Encourages connections with peers and adults.

This spring we had 11 teams participate in BSBF. The celebratory 2-mile run on May 3 was amazing and inspiring!

2025 5210+ Challenge Update



Fun figures from the 20th annual Healthy Kids 5210+ Challenge

- 131 schools across 14 northern and southern Colorado districts participated in the Challenge and over 23,000 students and staff submitted their logs!
- Survey responses included some great feedback including these words we love to hear:
 - Thank (as in thank You, thanks, etc.) –519 times
 - Love –145 times
 - Fun –124 times
- We hope ALL students, staff and families had fun learning and practicing the 5210+ healthy habits. Keep on practicing over the summer –your body...especially your heart and mind, will thank you!

Healthy Hearts and Minds classroom education and screenings

Healthy Hearts and Minds educators and screeners were very busy this school year bringing standards-based heart health education and biometric screenings to K-12 classrooms all over Northern and Colorado Springs. Over 12,500 students were educated and over 6,000 screened in over 145 schools. Research has shown providing health education as early as possible can help youth develop positive well-being, academic success and healthy outcomes into adulthood and the Healthy Hearts and Minds team is passionate about developing and presenting curricula that engages and promotes optimal health from youth into adulthood and beyond. Click [here](#) to learn more.



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@uchealth.org

Email healthykids@uchealth.org with your name and email address to be added to the Healthy Kids Mailing List.

www.healthykidsclub.org

 [UCHealth-Healthy Kids Club](#)

 [@healthykidsclub](#)