

**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.

## Warmer weather and longer days are perfect for fun outdoor activities

Even though the 5210+ Challenge is over for 2026, it's easier than ever to get that 1 hour of exercise and keep the 5210+ healthy habits a part of your daily schedule. More outdoor activity equals less time on screens! Read on for some great ideas.



### • Register for the 2026 Healthy Kids Run Series (information below)!



- Take a family walk around your neighborhood.
- Get out for a fun game of Frisbee (Disc) golf. Click [here](#) for northern Colorado courses.
- Draw a four square box on your driveway and invite neighborhood kids over to play.
- Enjoy the lovely parks and lively playgrounds in your area or visit ones in neighboring towns.
- Dust off the scooters/rollerblades/skateboards and take them out for a spin or, better yet, use them to get to school and back.

## Healthy Hearts and Minds Program Updates

### 2026 5210+ Challenge Update



## CHALLENGE!

**Amazing!** The Healthy Kids 5210+ Challenge had the highest number of participants in its 21 year history.

- 134 schools across 16 northern, southern and Yampa Colorado districts participated in the Challenge and over 24,300 students and staff submitted their logs!
- For students and staff that submitted a form and had over 80 checkmarks on their logs, T-shirts will be delivered to your schools by May.
- If you have any questions, check with your school's PE teacher or wellness leader.
- **Watch your inbox for a 5210+ Challenge survey. We need your feedback.**
- We hope students, staff and families had fun learning and practicing the 5210+ healthy habits. Keep up the good work – your body...especially your heart and mind, will thank you!



### 2026 Healthy Kids Run Series



Get ready for a fun-filled summer with the Healthy Kids Run Series! This **FREE** family-friendly program features seven runs, including three in-person runs and four 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 trophy. PLUS, a limited number of early registrants will have the chance to get a **free** Run Series T-shirt at the Run for the Trees on May 9.

Registration is now open! Click [here](#) to go directly to registration form.

Click [here](#) for more information including course maps.



	<b>In-Person Runs (One-Mile Fun Run):</b>	<b>On-Your-Own Courses (One-mile):</b>
<b>May</b>	<b>Run for the Trees</b> , 11 a.m., May 9, Mehaffey Park, Loveland	Fossil Creek Park, Fort Collins
<b>June</b>	<b>Track Night</b> —Fort Collins	Bittersweet Park, Greeley
<b>July</b>	<b>Aim for the Stars</b> , 9:30 a.m., July 18, Aims Community College, Greeley	Chapungu Sculpture Park at Centerra, Loveland
<b>Any summer month</b>		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 have 12 teams participating in BSBF. The celebratory 2-mile run will take place on Saturday, May 9 at 9:30 a.m. at Mehaffey Park in Loveland. Come out and support these incredible students and stay for the first run of the Healthy Kids Run Series!

### Healthy Hearts and Minds education and screenings

Healthy Hearts and Minds educators and screeners are busy bringing standards-based heart health education and biometric screenings to classrooms all over Northern Colorado, Colorado Springs and Yampa.



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@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)

 [UCHealth-Healthy Kids Club](#)