

*Back to School time means...*

# Healthy Lifestyles at Home and School

**Join National PTA in its efforts to combat  
childhood obesity on the local level.**

*Included in the Back to School Kit, going to  
each local unit in early August 2005 will be a  
Healthy Lifestyles at Home and School Notebook.  
This Notebook is a collection of resources designed to assist local units in  
their efforts to help make school environments healthier for our children...*

*The Notebook is a living resource for your unit to customize and add to as new  
information becomes available. It is designed to help you continue to plan  
activities and events for your school community.*



To order a copy of this workbook online email: [HealthyLifestyels@PTA.org](mailto:HealthyLifestyels@PTA.org)