Follow the National AfterSchool Association Healthy Eating and Physical Activity (HEPA) Standards in Out-of-School Time.

- Learn how the Let’s Go! 10 Strategies for Success Align with HEPA Standards.

Use curricula to guide your Let’s Go! efforts.

- Check out the Healthy Eating and Physical Activity Curricula.

Get involved with one of these excellent initiatives:

- Alliance for a Healthier Generation www.healthiergeneration.org
- Healthy Kids Out of School www.healthykidshub.org
- Maine AfterSchool Network www.maineafterschool.org  
- National AfterSchool Association www.naaweb.org
- National Institute of Health We Can! Program www.nhlbi.nih.gov/health/educational/wecan
- Teens to Trails www.teenstotrails.org
- WinterKids www.winterkids.org

Plan themed activities to celebrate national health days.

- Mark the Healthy Dates to Celebrate on your calendar.