

## STRATEGY I: Connecting to the Community

# how to implement

Here are some ideas that  
your office may want to try.

- Hang *Let's Go!* posters in waiting areas and in examination rooms.
- Create a 5-2-1-0 bulletin board.  
More on this idea can be found on the *Healthy Bulletin Board* handout found under this tab.
- Display books, puzzles, and activity sheets that support healthy eating and active living.
- Play videos in the waiting area that show children taking part in non-traditional sports, other physical activities and healthy eating.
- Replace lollipop and candy rewards with stickers, bookmarks, and other non-food items.
- Incorporate Wii Fit or other active video games into the waiting area.
- Create a sugar bottle display for your waiting area!  
\*This is a FAVORITE activity of practices! Learn how to create this educational tool with the *Make Your Own Sugar Bottle Display* handout found under this tab.

### Work with your staff to make healthy eating and active living a part of their lives.

- Sample a fruit or vegetable of the month—try items from different cultures.
- Host a healthy lunch.
- Provide 10-minute physical activity or walk breaks during the work day.
- Implement some of the *Let's Go!* Healthy Workplaces Toolkit resources.

Adapted from the Healthy Care for Healthy Kids Learning Collaborative (A Partnership of Blue Cross Blue Shield of Massachusetts and the National Initiative on Children's Healthcare Quality).

