

A goal oriented program that challenges adolescents to improve their eating and fitness choices

eatfit

Promoting Academic
Achievement and Nutrition
and Physical Activity
Behaviors in your
students

For more information, contact:

www.eatfit.net



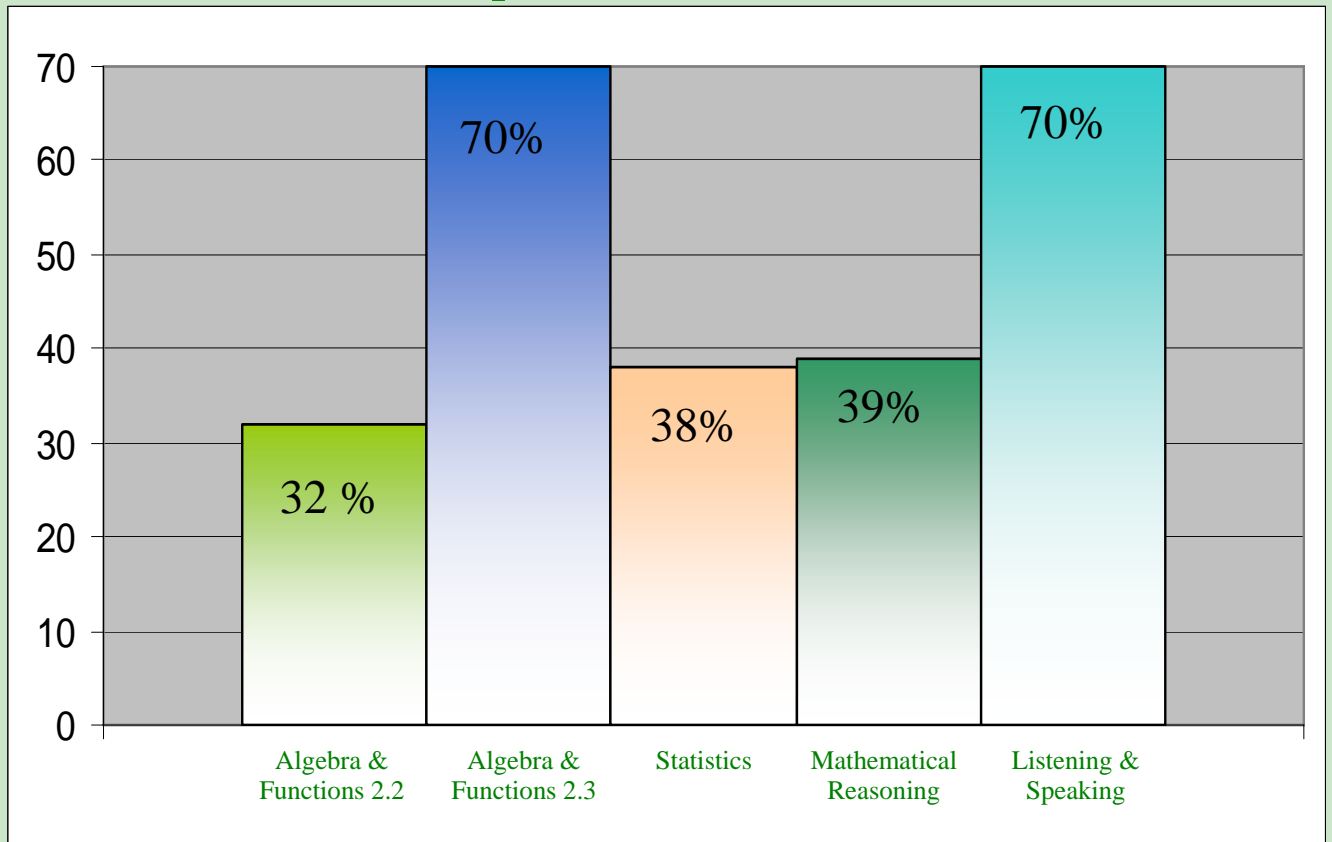
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The *EatFit* Intervention is designed to improve the dietary and physical activity behaviors of middle school students, as well as improve knowledge of the content standards. The intervention consists of student workbooks, teacher curriculum, and the use of the website and dietary analysis found at www.eatfit.net.

The curriculum contains nine hands-on, experiential lessons covering topics such as; goal setting, label reading, fast food, breakfast, exercise, energy balance and advertising.

The intervention engages students in a computerized personal self-assessment of eating and physical activity behaviors. Based on the personalized assessment, students set goals and the curriculum provides skill-building activities to help reach those goals.

Students Percent Improvement for Each Standard Area



99% of students made an improvement in at least one of the targeted content standard areas.